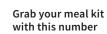


Honey Chicken & Israeli Couscous Bowl with Dill-Parsley Mayonnaise

MEDITERRANEAN

CLIMATE SUPERSTAR











Cucumber

Israeli Couscous



Chicken-Style

Stock Powder



Diced Chicken



Garlic & Herb

Seasoning



Baby Leaves



Dill & Parsley Mayonnaise







Prep in: 15-25 mins Ready in: 15-25 mins

Eat Me Early





Who doesn't love the signature combo of honey and succulent chicken. With tender pearls of Israeli couscous to soak up all the flavour and a herby hit of dill-parsley mayonnaise, it'll make for a meal that you won't be able to resist!

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
cucumber	1 (medium)	1 (large)	
tomato	1	2	
Israeli couscous	1 medium packet	2 medium packets	
chicken-style stock powder	1 medium sachet	1 large sachet	
diced chicken	1 medium packet	2 medium packets OR 1 large packet	
garlic & herb seasoning	1 medium sachet	1 large sachet	
honey*	1 tsp	2 tsp	
baby leaves	1 small packet	1 medium packet	
white wine vinegar*	drizzle	drizzle	
dill & parsley mayonnaise	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2096kJ (501Cal)	473kJ (113Cal)
Protein (g)	41.4g	9.3g
Fat, total (g)	16.7g	3.8g
- saturated (g)	2.4g	0.5g
Carbohydrate (g)	44.3g	10g
- sugars (g)	9.3g	2.1g
Sodium (mg)	1099mg	248mg
Dietary Fibre (g)	3.9g	0.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the Israeli couscous

- Boil the kettle. Roughly chop cucumber and tomato.
- In a medium saucepan, heat a drizzle of olive oil over medium-high heat.
 Toast Israeli couscous, stirring occasionally, until golden, 1-2 minutes.
- Half-fill saucepan with boiling water, then add a pinch of salt. Bring to the boil, then simmer, uncovered, until tender, 10-12 minutes.
- Drain and return couscous to the pan, then add chicken-style stock powder and a drizzle of olive oil.



Cook the chicken

- Meanwhile, heat a large frying pan over high heat with a drizzle of olive oil.
 When oil is hot, cook diced chicken and garlic & herb seasoning, tossing, until browned and cooked through, 6-8 minutes.
- Remove from the heat, then add the **honey** and toss **chicken** to coat.

TIP: Chicken is cooked through when it is no longer pink inside.



Bring it all together

 Add baby leaves to the couscous, along with cucumber, tomato and a drizzle of white wine vinegar and olive oil and toss to coat. Season to taste.



Serve up

- Divide Israeli couscous salad between bowls.
- · Top with honey chicken.
- Drizzle over dill & parsley mayonnaise to serve. Enjoy!



