

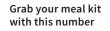
Cherry-Glazed Chicken & Roast Veggie Couscous

with Almonds & Lemon

CHRISTMAS IN JULY

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR











Garlic & Herb Seasoning









Lemon

Pearl (Israeli) Couscous







Chicken Breast

Herb & Mushroom Seasoning





Cherry Sauce

Baby Leaves







Prep in: 30-40 mins Ready in: 30-40 mins

Eat Me Early



Calorie Smart

We're ready to pitch a dinner that will knock your socks off. Starting off, there's a cherry glaze, the real hero of the story that makes us fall madly in love with seared chicken. Let's not forget the standout duo of pearl couscous and roast veggies, everyone knows them. It's a five-star rating dinner that everybody will be hooked on. It's like Christmas came early!

Pantry items

Olive Oil

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

Air fryer or oven tray lined with baking paper \cdot Large saucepan \cdot Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
beetroot	1	2	
garlic & herb seasoning	1 medium sachet	2 medium sachets	
flaked almonds	1 packet	2 packets	
pearl (Israeli) couscous	1 packet	2 packets	
lemon	1/2	1	
chicken breast	1 medium packet	2 medium packets OR 1 large packet	
herb & mushroom seasoning	1 sachet	2 sachets	
cherry sauce	1 medium packet	1 large packet	
baby leaves	1 small packet	1 medium packet	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2318kJ (554Cal)	527kJ (125Cal)
Protein (g)	48.2g	11g
Fat, total (g)	12.1g	2.8g
- saturated (g)	2.4g	0.5g
Carbohydrate (g)	60.8g	13.8g
- sugars (g)	20.3g	4.6g
Sodium (mg)	1091mg	248mg
Dietary Fibre (g)	6.5g	1.5g

The quantities provided above are averages only.

Allergens

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

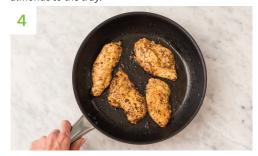
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

- Boil the kettle. Cut carrot into bite-sized chunks.
 Cut beetroot into 1cm chunks.
- Set your air fryer to 200°C. Place carrot and beetroot into the air fryer basket and drizzle over olive oil. Sprinkle over garlic & herb seasoning and cook for 10 minutes.
- Shake the basket, add flaked almonds, then cook until golden, a further 10-15 minutes.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Prep veggies as above. Place veggies on a lined oven tray. Sprinkle over garlic & herb seasoning, drizzle with olive oil and toss to coat. Spread out evenly and roast until tender, 20-25 minutes. In the last 5 minutes, add flaked almonds to the tray.



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add **cherry sauce**, turning **chicken** to coat.

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



Cook the couscous

- Meanwhile, heat a large saucepan over medium-high heat with a drizzle of olive oil.
 Toast pearl 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 to the pan with a pinch of **salt** and a drizzle of **olive oil**.



Get prepped

- Slice **lemon** into wedges.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine chicken, herb & mushroom seasoning, a pinch of salt and a drizzle of olive oil.



Bring it all together

 Add roasted veggies, baby leaves, a generous squeeze of lemon juice and a drizzle of olive oil to the saucepan with the couscous. Gently toss to combine. Season with salt and pepper.



Serve up

- Slice chicken.
- Divide roast veggie couscous between bowls.
- Top with cherry-glazed chicken. Spoon over any remaining glaze from the pan.
- Serve with remaining lemon wedges. Enjoy!









If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

