



Cherry-Glazed Chicken & Veggie Pearl Couscous with Almonds & Lemon

CHRISTMAS IN JULY

AIR FRYER FRIENDLY

Grab your Meal Kit with this number

43



Carrot



Diced Beetroot



Garlic & Herb Seasoning



Flaked Almonds



Pearl (Israeli) Couscous



Lemon



Chicken Breast



Herb & Mushroom Seasoning



Cherry Sauce



Baby Leaves



Chicken Breast



Beef Rump

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

Eat Me Early

We're ready to pitch a dinner that will knock your socks off. Starting off, there's a plum 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 · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
diced beetroot	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
pearl (Israeli) couscous	1 medium packet	2 medium packets
lemon	½	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
herb & mushroom seasoning	1 medium sachet	2 medium 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.
- Set your air fryer to **200°C**. Place **carrot** and **diced 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 **couscous** is tender, **10-12 minutes**.
- Drain **couscous** and return to the pan with a pinch of **salt** and a drizzle of **olive oil**.



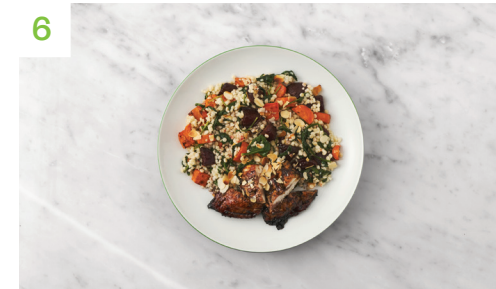
Bring it all together

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



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 **herb & mushroom seasoning**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken**, turn to coat.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.

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

