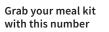


# Honey Chicken & Pearl Couscous Bowl with Dill-Parsley Mayonnaise

MEDITERRANEAN

CLIMATE SUPERSTAR









Cucumber





Pearl (Israeli) Couscous

Chicken-Style Stock Powder





Diced Chicken

Garlic & Herb Seasoning

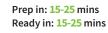




**Baby Leaves** 

Dill & Parsley Mayonnaise





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!

**Pantry items** 

Olive Oil, Honey, White Wine Vinegar

#### 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

ingi edients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
cucumber	1/2 (large)	1 (large)	
tomato	1	2	
pearl (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	
mint	1 packet	1 packet	
dill & parsley mayonnaise	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2107kJ (504Cal)	470kJ (112Cal)
Protein (g)	41.6g	9.3g
Fat, total (g)	16.8g	3.7g
- saturated (g)	2.4g	0.5g
Carbohydrate (g)	44.6g	10g
- sugars (g)	9.4g	2.1g
Sodium (mg)	1100mg	245mg
Dietary Fibre (g)	4.2g	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 pearl couscous

- · Boil the kettle.
- Roughly chop cucumber (see ingredients) and tomato.
- In a medium saucepan, heat a drizzle of olive oil over medium-high heat.
   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 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. Tear in mint leaves and toss to
coat. Season to taste.



# Serve up

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





