



Garlic-Herb Chicken & Veggie Couscous

with Tahini & Yoghurt Sauce

AIR FRYER FRIENDLY

Grab your meal kit with this number

4



Pearl (Israeli) Couscous



Chicken-Style Stock Powder



Onion



Beetroot



Carrot



Baby Leaves



Chicken Thigh



Garlic & Herb Seasoning



Tahini



Greek-Style Yoghurt



Chicken Thigh



Peeled Pumpkin Pieces

Recipe Update

We've replaced the couscous in this recipe with pearl couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 30-40 mins



Eat Me Early

Add tonnes of flavour to your dinner with our garlic and herb seasoning! Here we've used it to coat succulent chicken strips, served with roasted veggies and couscous. It's definitely a meal to remember!

Pantry items

Olive Oil, Butter

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pearl (Israeli) couscous	1 packet	2 packets
butter*	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
onion	½	1
beetroot	1	2
carrot	1	2
baby leaves	1 small packet	1 medium packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
tahini	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2384kJ (570Cal)	421kJ (101Cal)
Protein (g)	42.1g	7.4g
Fat, total (g)	17.9g	3.2g
- saturated (g)	5g	0.9g
Carbohydrate (g)	68.1g	12g
- sugars (g)	19.5g	3.4g
Sodium (mg)	1316mg	232mg
Dietary Fibre (g)	11.6g	2g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



Make the couscous

- Boil the kettle.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill the saucepan with water, then add a good pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain, rinse and return to the pan over medium heat. Add the **butter** and **chicken-style stock powder**, and stir until the **butter** is melted and combined.



Flavour the chicken

- Cut **chicken thigh** into 2cm strips. In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken**, season with **salt** and **pepper** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **chicken**, tossing, cooked through (when no longer pink inside), **3-4 minutes**.



Roast the veggies

- Meanwhile, cut **onion** (see ingredients), **beetroot** and **carrot** into small chunks. Roughly chop **baby leaves**.
- Set your air fryer to **200°C**. Place **onion**, **beetroot** and **carrot** into the air fryer basket, drizzle with **olive oil** and season with **salt** and **pepper**. Cook for **10 minutes**.
- Shake the basket, then cook until tender, a further **5-10 minutes**.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place veggies on a lined oven tray. Drizzle with olive oil and season with salt and pepper. Toss to coat, spread out evenly, then roast until tender, 25-30 minutes.



Serve up

- Combine **tahini** and **Greek-style yoghurt** in a small bowl. Set aside.
- Add roasted veggies and baby leaves to the pearl couscous and stir to combine.
- Divide roast veggie couscous between plates.
- Top with garlic-herb chicken strips.
- Drizzle over tahini-yoghurt sauce to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



ADD PEELED PUMPKIN PIECES

Follow method above, cooking with veggies.

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

