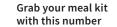


Garlicky Chicken Couscous Bowl with Cucumber Salsa & Aioli

MEDITERRANEAN

CLIMATE SUPERSTAR













Baby Leaves

Chicken Breast





Garlic & Herb Seasoning

Pearl (Israeli)



Chicken-Style



Stock Powder

Garlic Aioli







Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early





Protein Rich

The Mediterranean has some very fresh dishes that leave you feeling relaxed and rejuvenated. We're taking a page out of their recipe book and creating a vivacious green couscous bowl, topped with seared chicken and a cooling aioli for that pop of garlic we know and love.

Pantry items

Olive Oil, 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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
cucumber	1 (medium)	1 (large)	
tomato	1	2	
baby leaves	1 small packet	1 medium packet	
chicken breast	1 medium packet	2 medium packets OR 1 large packet	
garlic & herb seasoning	1 medium sachet	1 large sachet	
pearl (Israeli) couscous	1 packet	2 packets	
chicken-style stock powder	1 medium sachet	1 large sachet	
white wine vinegar*	drizzle	drizzle	
garlic aioli	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2354kJ (563Cal)	577kJ (138Cal)
Protein (g)	47.2g	11.6g
Fat, total (g)	25.2g	6.2g
- saturated (g)	5.9g	1.4g
Carbohydrate (g)	34.5g	8.5g
- sugars (g)	6.5g	1.6g
Sodium (mg)	1243mg	305mg
Dietary Fibre (g)	8.2g	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.



Get prepped

- Thinly slice cucumber into half-moons. Roughly chop tomato and baby leaves.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a second medium bowl, combine garlic & herb seasoning, a drizzle of olive oil and a pinch of salt and pepper. Add chicken steaks and turn to coat.



Make the pearl couscous

- Boil the kettle. 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 to the pan with chicken-style stock powder and a drizzle of olive oil. Stir to combine.



Cook the chicken

- Meanwhile, heat a large frying pan over mediumhigh heat with a drizzle of olive oil.
- Cook chicken until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded).

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



Make the salsa

- While the chicken is cooking, in a medium bowl, combine cucumber, tomato and a drizzle of white wine vinegar and olive oil.
- Season with salt and pepper.



Bring it all together

- Add baby leaves and a drizzle of olive oil to the pearl couscous.
- · Stir to combine and season to taste.



Serve up

- Divide pearl couscous between bowls.
- Top with garlicky chicken, cucumber salsa and garlic aioli. Season with pepper to serve. Enjoy!









Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

