



Garlicky Chicken Couscous Bowl

with Cucumber Salsa & Aioli

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

35



Recipe Update

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!



Cucumber



Tomato



Baby Leaves



Chicken Breast



Garlic & Herb Seasoning



Pearl (Israeli) Couscous



Chicken-Style Stock Powder



Garlic Aioli



Chicken Breast



Chicken Thigh

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

Carb Smart

Protein Rich

Eat Me Early

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

	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.

1



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.

4



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**.

2



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.

5



Bring it all together

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

3



Cook the chicken

- Meanwhile, heat a large frying pan over medium-high 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.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



CUSTOM OPTIONS

+ DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

⌚ SWAP TO CHICKEN THIGH

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.

