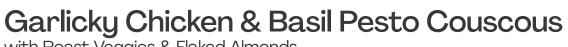


with Roast Veggies & Flaked Almonds

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR



Grab your meal kit with this number











Lemon

Flaked Almonds



Chicken Thigh

Seasoning



Pearl (Israeli) Couscous

Chicken-Style Stock Powder





Basil Pesto

Baby Leaves





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

Eat Me Early



Have you heard the expression "less is more"? Well, tonight is all about that with a couscous tossed with roasted veggies for a juicy pop of flavour and garlic herby chicken. Add fresh basil pesto and that's all you'll need to create this nourishing dish.

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 \cdot Large frying pan \cdot Medium saucepan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
lemon	1/2	1
flaked almonds	1 packet	2 packets
chicken thigh	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
basil pesto	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)	2823kJ (675cal)	279kJ (67cal)
Protein (g)	40.4g	4g
Fat, total (g)	36.8g	3.6g
- saturated (g)	6.9g	0.7g
Carbohydrate (g)	50.4g	5g
- sugars (g)	8.7g	0.9g
Sodium (mg)	1190mg	117.5mg
Dietary Fibre (g)	7.3g	0.7g

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 veggies

- · Boil the kettle.
- Cut carrot and courgette into bite-sized chunks.
- Set your air fryer to 200°C. Place veggies into the air fryer basket, drizzle with olive oil, season with salt and pepper and 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 fanforced. Place veggies on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast until tender, 20-25 minutes.



Get prepped

- Meanwhile, zest lemon to get a pinch, then slice into wedges.
- Heat a large frying pan over medium-high heat.
 Toast flaked almonds, tossing, until golden,
 2-3 minutes. Transfer to a small bowl.
- In a medium bowl, combine **chicken thigh** and **garlic & herb seasoning**.



Cook the chicken

- Return pan to medium-high heat with a drizzle of olive oil.
- Cook chicken thigh, turning occasionally, until browned and cooked through, 14-16 minutes.

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



Cook the pearl couscous

- While the chicken is cooking, heat a medium 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 tender, 10-12 minutes.
- Drain and return to the pan with a drizzle of olive oil. Add the chicken-style stock powder and basil pesto and stir through. Set aside.



Bring it all together

 Add cooked veggies to the pearl couscous, along with baby leaves, lemon zest and a squeeze of lemon juice. Toss to combine and season to taste.



Serve up

- · Slice chicken.
- Divide garlicky chicken and basil pesto couscous between bowls.
- Sprinkle over toasted almonds to serve. Enjoy!





We're here to help!