



Garlicky Chicken & Basil Pesto Couscous

with Roast Veggies & Flaked Almonds

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

4



Carrot



Courgette



Lemon



Flaked Almonds



Chicken Thigh



Garlic & Herb Seasoning



Pearl (Israeli) Couscous



Chicken-Style Stock Powder



Basil Pesto



Baby Leaves



Chicken Breast



Chicken Thigh

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

Protein Rich

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 · Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
lemon	½	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



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 fan-forced. 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.



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.



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**.



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.



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.



Serve up

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

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.

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

