



# Garlicky Chicken Couscous Bowl

with Cucumber Salsa & Aioli

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

35



Pearl (Israeli) Couscous



Chicken-Style Stock Powder



Cucumber



White Turnip



Baby Leaves



Chicken Breast



Garlic & Herb Seasoning



Garlic Aioli



Chicken Thigh



Chicken Breast

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 pearl couscous bowl studded with baby leaves, topped with zesty seared chicken and served with a cooling aioli for that pop of garlic we know and love.

### Pantry items

Olive Oi, Butter, 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
pearl (Israeli) couscous	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
cucumber	1 (medium)	1 (large)
white turnip	½	1
baby leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2354kJ (563cal)	285kJ (68cal)
Protein (g)	47.2g	5.7g
Fat, total (g)	25.2g	3.1g
- saturated (g)	5.9g	0.7g
Carbohydrate (g)	34.5g	4.2g
- sugars (g)	6.5g	0.8g
Sodium (mg)	1243mg	150.6mg
Dietary Fibre (g)	8.2g	1g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1 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 the **butter**. Stir to combine.



## 4 Cook the chicken

- 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.



## 2 Make the salsa

- Meanwhile, thinly slice **cucumber** into half-moons. Thinly slice **white turnip** (see **ingredients**) and **baby leaves**.
- In a medium bowl, combine **cucumber**, **turnip** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.



## 5 Bring it all together

- Add **baby leaves** and a drizzle of **olive oil** to the couscous and stir to combine. Season to taste.



## 3 Prep the chicken

- 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** and turn to coat.



## 6 Serve up

- Slice the chicken.
- Divide 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 | CW36



## CUSTOM OPTIONS



### SWAP TO CHICKEN THIGH

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



### DOUBLE CHICKEN BREAST

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.

