

Quick Crumbed Chicken & Lemony Veggie Couscous

with Garlic Yoghurt & Slivered Almonds

KID FRIENDLY CLIMATE SUPERSTAR



Prep in: 20-30 mins Ready in: 25-35 mins

1 Eat Me Early

A golden and crunchy crumb on chicken is the only way to go. It matches the bright and sunny couscous, tossed with roast veggies and there's a zap of zest in this bowl too. Everything is shining and golden tonight!

Grab your meal kit with this number

Olive Oil, Butter, Plain Flour, Egg

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

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
peeled pumpkin pieces	1 small packet	1 medium packet
slivered almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	¾ cup	1½ cup
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
salt*	½ tsp	1 tsp
plain flour*	1 tsp	2 tsp
barbecue seasoning	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
lemon	1/2	1
baby leaves	1 small packet	1 medium packet
garlic dip	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3856kJ (922cal)	346kJ (83cal)
Protein (g)	52.9g	4.7g
Fat, total (g)	43.9g	3.9g
- saturated (g)	7.8g	0.7g
Carbohydrate (g)	76.2g	6.8g
- sugars (g)	13.5g	1.2g
Sodium (mg)	1631mg	146.3mg
Dietary Fibre (g)	8.1g	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 | CW37



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Slice carrot into half-moons.
- Place **carrot** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, heat a large frying pan over medium-high heat. Toast slivered almonds, tossing, until golden, 3-4 minutes. Transfer to a bowl.

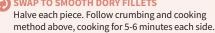


Cook the crumbed chicken

- Meanwhile, in a shallow bowl, combine the salt, plain flour and barbecue seasoning, then season with pepper. In a second shallow bowl, whisk the egg. In a third shallow bowl, add panko breadcrumbs.
- Coat chicken breast strips first in flour mixture, followed by the egg and finally the breadcrumbs.
- Return the frying pan to medium-high heat with enough olive oil to coat the base. When oil is hot, cook crumbed chicken until golden, 3-4 minutes each side. Transfer to a paper towel-lined plate.
- **TIP:** Chicken is cooked through when it's no longer pink inside.

CUSTOM SWAP TO SMOOTH DORY FILLETS

OPTIONS



ADD DICED BACON Cook, breaking up with a spoon, 4-6 minutes.

-6 minutes. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.





Cook the garlic couscous

- Finely chop garlic.
- In a medium saucepan, heat the **butter** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Add the water and chicken-style stock powder and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.



Serve up

- Meanwhile, cut lemon into wedges. Roughly chop baby leaves.
- Add roasted veggies, baby leaves, a squeeze of lemon juice and a drizzle of olive oil to the couscous. Stir to combine and season to taste.
- Divide lemony veggie couscous between bowls.
- Top with crumbed chicken strips and garnish with toasted almonds.
- Serve with a dollop of **garlic dip** and any remaining lemon wedges. Enjoy!