



Garlic-Herb Chicken & Veggie Couscous

with Tahini & Yoghurt Sauce

AIR FRYER FRIENDLY

Grab your meal kit with this number

12



Onion



Beetroot



Carrot



Baby Leaves



Chicken-Style Stock Powder



Couscous



Chicken Thigh



Garlic & Herb Seasoning



Tahini



Greek-Style Yoghurt



Peeled Pumpkin Pieces



Chicken Thigh

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Smart

Protein Rich

Eat Me Early

Add new worlds of flavour to your dinner with our garlic and herb seasoning! Here we've used it to coat succulent chicken thigh, served with roasted veggies and couscous. It's definitely a meal to remember.

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
beetroot	1	2
carrot	1	2
baby leaves	1 small packet	1 medium packet
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
tahini	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2385kJ (570cal)	207kJ (49cal)
Protein (g)	42.1g	3.7g
Fat, total (g)	17.9g	1.6g
- saturated (g)	5g	0.4g
Carbohydrate (g)	68.1g	5.9g
- sugars (g)	19.3g	1.7g
Sodium (mg)	1316mg	114.1mg
Dietary Fibre (g)	11.2g	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 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

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Cook the veggies

- Cut **onion** (see ingredients), **beetroot** and **carrot** into small chunks. Roughly chop **baby leaves**.
- Set your air fryer to **200°C**.
- Place **onion**, **beetroot** and **carrot** into the air fryer basket, drizzle with **olive oil** and season with **salt** and **pepper**. 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. Prep veggies as above and place on a lined oven tray. Drizzle with olive oil and season with salt and pepper. Toss to coat, spread out evenly, then roast until tender, 25-30 minutes.



Flavour the chicken

- Meanwhile, cut **chicken thigh** into 2cm strips. In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken**, season with **salt** and **pepper** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **chicken**, turning, until cooked through (when no longer pink inside), **3-4 minutes** each side.



Make the couscous

- While the veggies are cooking, combine the **water** and **chicken-style stock powder** in a medium saucepan and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork.



Serve up

- Combine **tahini** and **Greek-style yoghurt** in a small bowl. Set aside.
- Add roasted veggies and baby leaves to the couscous. Gently stir to combine.
- Divide roast veggie couscous between plates.
- Top with garlic-herb chicken strips and drizzle over tahini-yoghurt sauce to serve. Enjoy!

CUSTOM OPTIONS

+ ADD PEELLED PUMPKIN PIECES

Roast following method above until tender, 20-25 minutes.

+ 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.

