

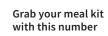
Seared Chicken Strips & Rainbow Couscous

with Dill & Parsley Mayonnaise

HELLOHERO

KID FRIENDLY

CLIMATE SUPERSTAR











Chicken-Style



Couscous

Stock Powder







Aussie Spice

Blend

Chicken Thigh





Tomato

Baby Leaves



Dill & Parsley



Mayonnaise





Prep in: 15-25 mins Ready in: 25-35 mins



Protein Rich

This fresh and tasty meal features classic spices in an easy marinade for tender chicken breast, while carrot and greens bring colour and flavour to fluffy couscous. Sit back and enjoy this delicious meal that boasts every colour of the rainbow!

Pantry items

Olive Oil, Butter, Vinegar (White Wine Or Balsamic)

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1/2	1	
butter*	20g	40g	
garlic paste	1 small packet	1 medium packet	
water*	¾ cup	1 ½ 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	
Aussie spice blend	1 medium sachet	1 large sachet	
baby leaves	1 small packet	1 medium packet	
tomato	1	2	
vinegar* (white wine or balsamic)	drizzle	drizzle	
dill & parsley mayonnaise	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2745kJ (656cal)	345kJ (83cal)
Protein (g)	36.3g	4.6g
Fat, total (g)	40.4g	5.1g
- saturated (g)	11.4g	1.4g
Carbohydrate (g)	44.7g	5.6g
- sugars (g)	5.5g	0.7g
Sodium (mg)	1450mg	182.4mg
Dietary Fibre (g)	4.7g	0.6g

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.



Make the couscous

- Grate carrot (see ingredients).
- In a medium saucepan, heat the butter with a drizzle of olive oil over medium-high heat. Cook carrot until softened, 2-3 minutes. Add garlic paste (see ingredients) and cook, stirring, until fragrant, 1 minute.
- Add the water and chicken-style stock powder, then bring to the boil.
- Add couscous, stir to combine, then cover with a lid and remove from heat.
 Set aside until water has absorbed, 5 minutes. Fluff up with a fork.

TIP: Cover the pan with a lid if the garlic paste starts to spatter!



Finish the couscous

- Meanwhile, remove lid from couscous and allow to cool. Roughly chop baby leaves and tomato.
- In a second large bowl, combine **carrot couscous**, **tomato**, **baby leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.

TIP: Combine the veggies and couscous in the saucepan to save on washing dishes!



Cook the chicken

- While the couscous is cooking, cut **chicken thigh** into 1cm strips.
- In a large bowl, combine Aussie spice blend and a splash of water. Add chicken and toss to coat.
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken strips in batches, tossing occasionally, until browned and cooked through, 3-4 minutes. Set aside.

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



Serve up

- Divide carrot couscous salad between bowls and top with chicken strips.
- Dollop with dill & parsley mayonnaise to serve. Enjoy!





In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

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

