



Seared Chicken Strips & Rainbow Couscous

with Dill & Parsley Mayonnaise

HELLOHERO

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Carrot



Garlic Paste



Chicken-Style Stock Powder



Couscous



Chicken Thigh



Aussie Spice Blend



Baby Leaves



Tomato



Dill & Parsley Mayonnaise



Beef Strips



Diced Bacon

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



Protein Rich



Eat Me Early

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

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

1



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!

3



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!

2



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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



CUSTOM OPTIONS



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.



ADD DICED BACON

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.

