



Chicken & Couscous Bowl

with Cucumber Salsa & Aioli

MEDITERRANEAN

HELLOHERO

CLIMATE SUPERSTAR

Grab your meal kit with this number

38



Pearl (Israeli) Couscous



Chicken-Style Stock Powder



Cucumber



White Turnip



Baby Leaves



Chicken Breast



Garlic & Herb Seasoning



Garlic Aioli



Chicken Thigh



Chicken Breast

Recipe Update

We've replaced the freekeh in this recipe with pearl couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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 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 Oil, 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 |
|----------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| pearl (Israeli) couscous | 1 packet | 2 packets |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| butter* | 20g | 40g |
| cucumber | 1 (medium) | 1 (large) |
| white turnip | ½ | 1 |
| baby leaves | 1 small packet | 1 medium packet |
| white wine vinegar* | 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) | 1638kJ (469cal) | 469kJ (134cal) |
| Protein (g) | 38g | 10.9g |
| Fat, total (g) | 22.9g | 6.6g |
| - saturated (g) | 5.3g | 1.5g |
| Carbohydrate (g) | 9.1g | 2.6g |
| - sugars (g) | 5.9g | 1.7g |
| Sodium (mg) | 1212mg | 347.3mg |
| Dietary Fibre (g) | 2.5g | 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.



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 the 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.



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**.



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.



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 through when it's no longer pink inside.



5 Bring it all together

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



6 Serve up

- Slice chicken.
- Divide couscous between bowls.
- Top with 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 | CW49



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.

