

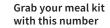
# Chicken & Pearl Couscous Bowl

with Cucumber Salsa & Aioli

MEDITERRANEAN

HELLOHERO

**CLIMATE SUPERSTAR** 







Pearl (Israeli) Couscous



Chicken-Style Stock Powder



Cucumber





White Turnip





**Baby Leaves** 





Seasoning



Garlic Aioli



Chicken Breast





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

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 pearl 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, 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

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
pearl (Israeli) couscous	1 packet	2 packets	
water*	1½ cups	3 cups	
chicken-style stock powder	1 medium sachet	1 large sachet	
cucumber	1 (medium)	1 (large)	
white turnip	1/2	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	

<sup>\*</sup>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.



# Make the pearl couscous

- In a medium saucepan, heat a drizzle of olive oil over medium-high heat. Toast pearl couscous, stirring occasionally, until golden, 1-2 minutes.
- Add the water and chicken-style stock powder.
  Bring to the boil, then cook, uncovered, stirring occasionally, until tender and water is absorbed,
  10-12 minutes.



## Make the salsa

- Meanwhile, thinly slice cucumber into half-moons.
- Thinly slice white turnip (see ingredients).
- Finely chop baby leaves.
- In a medium bowl, combine cucumber, turnip and a drizzle of white wine vinegar and olive oil. Season with salt and pepper.



# 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.



## 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.



# Bring it all together

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



## Serve up

- · Slice chicken.
- Divide pearl couscous between bowls.
  Top with chicken, cucumber salsa and garlic aioli.
- · Season with pepper to serve. Enjoy!









Cut into 2cm chunks. Cook until cooked through, 4-6 minutes.

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

