



# Chicken & Pearl 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 Breast



Chicken Thigh

### 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 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
pearl (Israeli) couscous	1 packet	2 packets
<b>water*</b>	1½ cups	3 cups
chicken-style stock powder	1 medium sachet	1 large sachet
cucumber	1 (medium)	1 (large)
white turnip	½	1
baby leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	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](https://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

- 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**.



## 2 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**.



## 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 pearl 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 | CW51



### CUSTOM OPTIONS

#### + DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

#### ↻ SWAP TO CHICKEN THIGH

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.

