


Chicken & Honey-Roasted Veggie Couscous

with Mayo & Toasted Almonds

Grab your Meal Kit with this symbol 



Carrot



Parsnip



Garlic



Salad Leaves



Chicken Breast



Aussie Spice Blend



Flaked Almonds



Chicken-Style Stock Powder



Couscous



Mayonnaise

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: 20-30 mins
Ready in: 30-40 mins

 Eat Me Early

Our popular Aussie spice blend, with dried onion and garlic, instantly adds a rich, classic flavour to succulent chicken. Add sweet, honey-roasted veggies and creamy mayo for a dish worth enjoying again and again.

Pantry items

Olive Oil, Honey, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
honey*	1 tsp	2 tsp
garlic	1 clove	2 cloves
salad leaves	1 small bag	1 medium bag
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
butter*	15g	30g
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
mayonnaise	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2800kJ (669Cal)	657kJ (157Cal)
Protein (g)	42.1g	9.9g
Fat, total (g)	33.6g	7.9g
- saturated (g)	8.1g	1.9g
Carbohydrate (g)	48.9g	11.5g
- sugars (g)	10.6g	2.5g
Sodium (mg)	1352mg	317mg

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.



Roast the veggies

Preheat oven to **220°C/200°C fan-forced**. Cut **carrot** and **parsnip** into bite-sized chunks. Place **veggies** on a lined oven tray. Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**. In the last **5 minutes** of cook time, add the **honey** to the **veggies**. Toss, return to the oven and bake until golden.



Get prepped

Meanwhile, finely chop **garlic**. Roughly chop **salad leaves**. Cut **chicken breast** into 2cm chunks. In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken**, season with **salt** and toss to coat. Set aside. Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



Cook the couscous

In a medium saucepan, melt the **butter** over medium-high heat. Cook **garlic** until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder** and bring to the boil. Add **couscous** and stir to combine. Cover with a lid and remove from heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.



Cook the chicken

While the couscous is cooking, return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

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



Bring it all together

To the couscous, add **roasted veggies**, **salad leaves** and a drizzle of **olive oil**. Toss gently to combine and season to taste.



Serve up

Divide honey-roasted veggie couscous between bowls. Top with spiced chicken and **mayonnaise**. Garnish with toasted almonds to serve.

Enjoy!