



# Cacciatore-Style Slow-Cooked Chicken

with Veggies & Couscous

Grab your Meal Kit with this symbol



Carrot



Celery



Onion



Garlic



Herb & Mushroom Seasoning



Tinned Cherry Tomatoes



Chicken-Style Stock Powder



Couscous



Vegetable Stock Powder



Baby Spinach Leaves



Chicken Drumsticks

### 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!

Prep in: **20-30 mins**  
 Ready in: **1 hr 30 mins** -  
**1 hr 40 mins**

Eat Me Early

It's always nice to slow down once in a while and these slow-cooked chicken drumsticks are perfect for doing just that. The chicken is baked to absorb the mouth-watering taste of the tomato, herbs and mushroom sauce. Make a fluffy couscous to serve alongside it and we promise this dish will be worth the wait.

### Pantry items

Olive Oil, Plain Flour

## 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

Large ovenproof saucepan with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
chicken drumsticks	1 packet	1 packet
<b>plain flour*</b>	2 tbs	¼ cup
herb & mushroom seasoning	1 sachet	2 sachets
tinned cherry tomatoes	1 tin	2 tins
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
<b>water*</b>	¼ cup	½ cup
couscous	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	¾ cup	1½ cups
baby spinach leaves	1 small bag	1 medium bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2834kJ (677Cal)	419kJ (100Cal)
Protein (g)	51.1g	7.6g
Fat, total (g)	22.4g	3.3g
- saturated (g)	6.5g	1g
Carbohydrate (g)	64g	9.5g
- sugars (g)	15g	2.2g
Sodium (mg)	1545mg	229mg

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.



## Get prepped

- Preheat oven to **180°C/160°C fan-forced**.
- Slice **carrot** into half-moons. Thinly slice **celery** and **onion**. Finely chop **garlic**.
- In medium bowl, combine **chicken drumsticks**, the **plain flour** and a pinch of **salt** and **pepper**.

**Little cooks:** Join the fun by helping toss the chicken in the flour mixture.



## Make the couscous

- When the chicken has **10 minutes** cook time remaining, boil the kettle.
- Place **couscous** and **vegetable stock powder** in a medium heatproof bowl. Add the **boiling water** (¾ cup for 2 people / 1 1/2 cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with a fork and set aside.

**Little cooks:** Kids can help fluff up the couscous once the bowl has cooled down!



## Cook the chicken & veggies

- In a large ovenproof saucepan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, turning, until browned, **3-4 minutes**. Transfer to a plate.
- Return the saucepan to medium-high heat with a drizzle of **olive oil**. Add **carrot**, **celery** and **onion** and cook until tender, **2-3 minutes**.
- Add **herb & mushroom seasoning** and **garlic**, and cook until fragrant, **1 minute**.



## Finish the chicken

- When the chicken is cooked, stir **baby spinach leaves** through the stew until wilted.



## Finish the sauce

- To the pan of veggies, add **tinned cherry tomatoes**, **chicken-style stock powder** and the **water**, stirring to combine.
- Place **chicken** on top of **stew**, then cover pan with a lid or tightly with foil. Bake for **30 minutes**.
- Remove from oven, turn **drumsticks** and bake, uncovered, for a further **45 minutes**. Season to taste.

**TIP:** If you don't have an ovenproof saucepan, transfer mixture to a baking dish instead!



## Serve up

- Divide couscous, veggies and cacciatore-style slow-cooked chicken between bowls. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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