



Chimichurri Chicken & Veggie Couscous

with Tahini & Garlic Sauce

Grab your Meal Kit with this symbol



Beetroot



Carrot



Leek



Chicken-Style Stock Powder



Couscous



Tahini



Garlic Dip



Boneless Chicken Drumsticks



Chimichurri Seasoning

Keep an eye out...

Due to recent sourcing challenges, we've replaced baby spinach with leek, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil

Hands-on: 15-25 mins
Ready in: 25-35 mins

Eat Me Early

Calorie Smart

Add tonnes of flavour to your dinner with our new chimichurri seasoning! Herby and with a hint of spice, we've used it to coat succulent chicken strips. Served with roasted veggies and couscous, it's definitely a meal to remember.

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
carrot	1	2
leek	1	2
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
tahini	1 packet (50g)	1 packet (100g)
garlic dip	1 medium packet	1 large packet
boneless chicken drumsticks	1 packet	1 packet
chimichurri seasoning	1 sachet	2 sachets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2686kJ (642Cal)	576kJ (138Cal)
Protein (g)	39.4g	8.5g
Fat, total (g)	27.4g	5.9g
- saturated (g)	3.8g	0.8g
Carbohydrate (g)	56.5g	12.1g
- sugars (g)	16.1g	3.5g
Sodium (mg)	1480mg	318mg

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **beetroot** and **carrot** into small chunks. Thickly slice white and light green parts of **leek**.
- Place **beetroot**, **carrot** and **leek** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.

3



Cook the chicken

- Cut **boneless chicken drumsticks** into 2cm strips. In a medium bowl, combine **chimichurri seasoning** and a drizzle of **olive oil**. Add **chicken**, season and toss to coat.
- Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken**, tossing, until browned and cooked through, **3-4 minutes**.

2



Make the couscous

- In a medium saucepan, add the **water** and **chicken-style stock powder** and bring to the boil.
- Add **couscous** and a drizzle of **olive oil**, then stir to combine, cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.
- Meanwhile, combine **tahini** and **garlic dip** in a small bowl. Set aside.

4



Serve up

- Add roasted veggies to the couscous and stir to combine.
- Divide veggie couscous between plates and top with chimichurri chicken.
- Drizzle over tahini and garlic sauce to serve.

Enjoy!