

# Lemon Pepper Chicken

with Carrot Couscous & Garlic Aioli

Grab your Meal Kit with this symbol



Lemon



Lemon Pepper Spice Blend



Carrot



Tomato



Garlic



Sweetcorn



Flaked Almonds



Currants



Chicken-Style Stock Powder



Couscous



Salad Leaves



Garlic Aioli



Chicken Breast



Chicken Breast

### 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: 25-35 mins  
Ready in: 35-45 mins



Eat Me Early



Calorie Smart\*

Zesty! Herby! Creamy! This Mediterranean-inspired meal features fusions of fresh zesty, lemon and peppery spices in an easy marinade for chicken breast strips, while currants and carrot bring colour and flavour to the fluffy couscous.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar



## 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 frying pan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chicken breast	1 packet	1 packet
lemon	½	1
lemon pepper spice blend	1 sachet	1 sachet
chicken-style stock powder	1 sachet	2 sachets
	(10g)	(20g)
carrot	1	2
tomato	1	2
garlic	1 clove	2 cloves
sweetcorn	½ tin	1 tin
flaked almonds	1 packet	2 packets
<b>water*</b>	¾ cup	1½ cups
currants	1 medium packet	1 large packet
couscous	1 packet	1 packet
<b>balsamic vinegar*</b>	1 tsp	2 tsp
salad leaves	1 small bag	1 medium bag
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2647kJ (632Cal)	524kJ (125Cal)
Protein (g)	43.7g	8.7g
Fat, total (g)	23.8g	4.7g
- saturated (g)	3.6g	0.7g
Carbohydrate (g)	58.4g	11.6g
- sugars (g)	16.4g	3.2g
Sodium (mg)	1623mg	321mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3407kJ (814Cal)	512kJ (122Cal)
Protein (g)	76.2g	11.5g
Fat, total (g)	29.5g	4.4g
- saturated (g)	5.3g	0.8g
Carbohydrate (g)	58.4g	8.8g
- sugars (g)	16.4g	2.5g
Sodium (mg)	1721mg	259mg

The quantities provided above are averages only.

\*Custom Recipe is Calorie Smart.

## 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.

## We're here to help!

Scan here if you have any questions or concerns



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## Flavour the chicken

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. Zest **lemon** to get a pinch, then slice into wedges.
- In a large bowl, combine **lemon pepper spice blend**, **lemon zest**, a squeeze of **lemon juice**, 1/2 the **chicken-style stock powder** and a drizzle of **olive oil**.
- Add **chicken**, season with **salt** and **pepper** and turn to coat. Set aside.

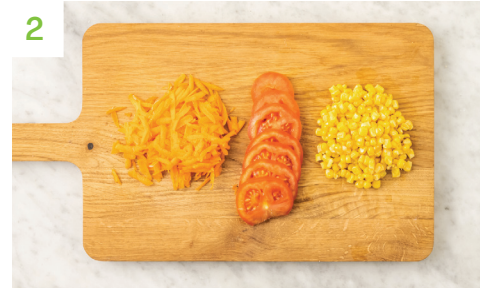
**Little cooks:** Take the lead by combining the ingredients in the bowl!



## Cook the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic**, **sweetcorn** and **carrot** until softened, **3 minutes**.
- Add the **water**, **currants** and the remaining **chicken-style stock powder** and bring to the boil.
- Add **couscous**, stir to combine, cover with a lid and remove from heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork, then add a generous squeeze of **lemon juice** and season.

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



## Get prepped

- Grate the **carrot**. Thinly slice **tomato**. Finely chop **garlic**. Drain the **sweetcorn** (see ingredients).



## Cook the chicken

- While the couscous is cooking, return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

**TIP:** Don't worry if your chicken gets a little charred during cooking, it adds to the flavour!

**TIP:** The chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** If you've doubled your chicken breast, cook in batches for the best results.



## Toast the almonds

- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



## Serve up

- In a medium bowl, combine **balsamic vinegar** and a drizzle of **olive oil**. Add **tomato** and **salad leaves**, season and toss to coat.
- Slice lemon pepper chicken.
- Divide carrot couscous and tomato salad between plates. Top with chicken. Spoon over **garlic aioli**.
- Garnish with toasted almonds. Serve with any remaining lemon wedges. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the garnish!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)