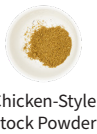
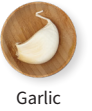




Quick Golden Chicken Strips

with Carrot Couscous & Dill-Parsley Yoghurt

Grab your Meal Kit with this symbol



Hands-on: **20-30 mins**
 Ready in: **25-35 mins**

Eat me early

This ModOz-inspired meal features classic Aussie spices in an easy marinade for tender chicken breast, while carrot and parsley bring colour and flavour to couscous. Sit back and enjoy this delicious delight from your friends across the ditch.

Pantry items

Olive Oil, 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

Medium saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| carrot | ½ | 1 |
| garlic | 2 cloves | 4 cloves |
| tomato | 1 | 2 |
| cucumber | 1 (medium) | 1 (large) |
| parsley | 1 bunch | 1 bunch |
| butter* | 20g | 40g |
| water* | ¾ cup | 1½ cups |
| chicken-style stock powder | 1 sachet | 1 sachet |
| couscous | 1 packet | 1 packet |
| chicken breast | 1 packet | 1 packet |
| Aussie spice blend | 1 sachet | 1 sachet |
| Greek-style yoghurt | 1 packet | 1 packet |
| dill & parsley mayonnaise | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2828kJ (675Cal) | 595kJ (142Cal) |
| Protein (g) | 40.1g | 8.4g |
| Fat, total (g) | 36.2g | 7.6g |
| - saturated (g) | 10.8g | 2.3g |
| Carbohydrate (g) | 50.3g | 10.6g |
| - sugars (g) | 10.7g | 2.3g |
| Sodium (mg) | 1293mg | 272mg |

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.



Get prepped

Grate the **carrot** (see ingredients). Finely chop the **garlic**. Roughly chop the **tomato**, **cucumber** and **parsley** leaves.



Cook the couscous

In a medium saucepan, melt the **butter** with a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** until softened, **2-3 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder**, then bring to the boil. Add the **couscous**, stir to combine, then cover with a lid and remove from the heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.



Flavour the chicken

Cut the **chicken breast** into 1cm strips. In a large bowl, combine a drizzle of **water** and the **Aussie spice blend**. Add the **chicken** and toss to coat.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **chicken strips** in batches, tossing occasionally, until browned and cooked through, **3-4 minutes**. Transfer to a plate.

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



Finish the couscous & sides

While the chicken is cooking, combine the **Greek-style yoghurt** and **dill & parsley mayonnaise** in a small bowl. Season to taste and set aside. In a second large bowl, combine the **carrot couscous**, **tomato**, **cucumber** and 1/2 the **parsley**. Season to taste.

TIP: Add the veggies to the couscous in the saucepan to save on washing up!



Serve up

Divide the carrot couscous between plates and top with the golden chicken strips. Garnish with the remaining parsley and spoon over the dill-parsley yoghurt.

Enjoy!