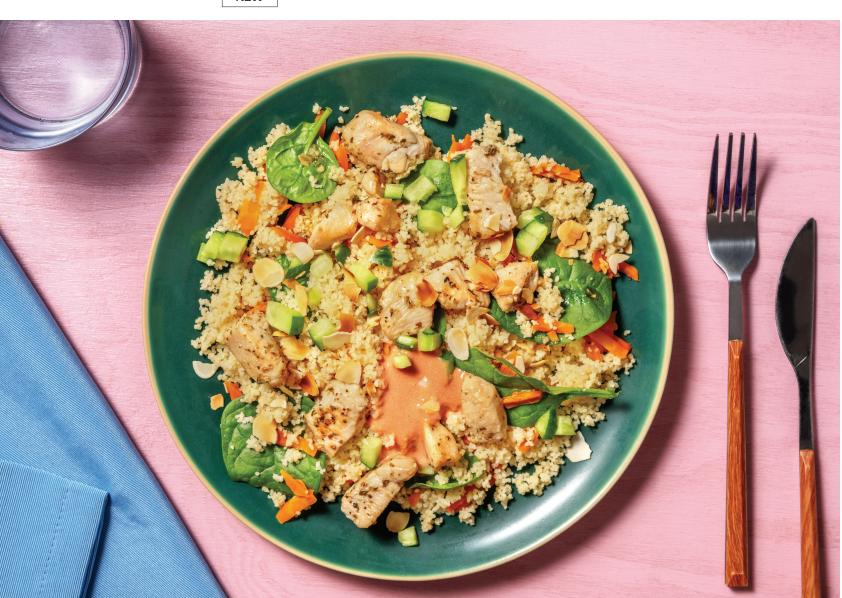


Quick Herby Chicken Couscous Bowl

with Romesco Yoghurt & Salad

NEW



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Chicken-Style Stock Powder







Flaked Almonds







Romesco Sauce





Diced Chicken

Greek-Style Yoghurt

Prep in: 15-25 mins Ready in: 15-25 mins

Eat Me Early



If you're looking to standout from the crowd may we offer you a tomato based, romesco yoghurt to dazzle the table. It's vibrant in colour and taste and will elevate the herby pan-fried chicken and carrot tossed couscous to new heights. That is one standout dinner.

Pantry items Olive Oil, Butter, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and

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	1	2
cucumber	1 (medium)	1 (large)
butter*	20g	40g
boiling water*	¾ cup	1 ½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
flaked almonds	1 packet	2 packets
diced chicken	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
honey*	1 tsp	2 tsp
Greek-style yoghurt	1 medium packet	1 large packet
romesco sauce	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2360kJ (564Cal)	498kJ (119Cal)
Protein (g)	46.4g	9.8g
Fat, total (g)	19.1g	4g
- saturated (g)	8.1g	1.7g
Carbohydrate (g)	58.8g	12.4g
- sugars (g)	14.3g	3g
Sodium (mg)	1249mg	264mg

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

- Boil the kettle. Grate the carrot. Roughly chop cucumber.
- In a medium saucepan, heat the butter over medium-high heat.
 Cook carrot, stirring, until softened, 2-3 minutes.
- Add the boiling 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 all the water has absorbed, **5 minutes**. Fluff up with a fork.



Bring it all together

- While the chicken is cooking, combine Greek-style yoghurt and romesco sauce in a second medium bowl. Season to taste.
- To the couscous, add cucumber and baby spinach leaves. Season to taste and gently toss to combine.



Cook the chicken

- Meanwhile, heat a large frying pan over medium-high heat. Toast flaked almonds, tossing, until golden, 2-3 minutes. Transfer to a small bowl.
- In a medium bowl, combine diced chicken, garlic & herb seasoning and a drizzle of olive oil.
- Return the frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through,
 5-6 minutes. Add the honey, turning chicken to coat.

Serve up

- Divide couscous salad between bowls. Top with herby chicken.
- Spoon over romesco yoghurt and sprinkle with toasted almonds to serve.
 Enjoy!

Rate your recipe

