



Quick Herby Chicken Couscous Bowl

with Romesco Yoghurt & Salad

NEW

Grab your Meal Kit with this symbol



Carrot



Cucumber



Chicken-Style Stock Powder



Couscous



Flaked Almonds



Garlic & Herb Seasoning



Romesco Sauce



Baby Spinach Leaves



Diced Chicken



Greek-Style Yoghurt

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

Calorie Smart

Eat Me Early

If you're looking to stand out 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 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	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!

We're here to help!

Scan here if you have any questions or concerns

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