



# One-Pot Chicken & Couscous

with Red Pesto & Basil

Grab your Meal Kit with this symbol



Red Onion



Garlic



Courgette



Capsicum



Chicken Breast



Lemon Pepper Spice Blend



Creamy Pesto Dressing



Flaked Almonds



Red Pesto



Chicken Stock



Couscous



Basil



Baby Spinach Leaves

Hands-on: 25 mins  
 Ready in: 35 mins

Eat me early

Love a one-pot wonder? Well this one's for you! With succulent chicken breast, zingy lemon pepper spice blend and our flavour bomb red pesto, this is an easy-to-make, amazing-to-eat couscous sensation.

## Pantry items

Olive Oil

## Before you start

Our fruit and veggies need a little wash first!

### You will need

Large frying pan with a lid (or foil)

### Ingredients

|                           | 4 People        |
|---------------------------|-----------------|
| olive oil*                | refer to method |
| red onion                 | 1               |
| garlic                    | 3 cloves        |
| courgette                 | 1               |
| capsicum                  | 1               |
| chicken breast            | 1 packet        |
| lemon pepper spice blend  | 2 sachets       |
| creamy pesto dressing     | 1 packet (100g) |
| water* (for the dressing) | 2 tsp           |
| flaked almonds            | 2 packets       |
| red pesto                 | 1 packet (100g) |
| water* (for the couscous) | 1¼ cups         |
| chicken stock             | 1 cube          |
| couscous                  | 2 packets       |
| basil                     | 1 bunch         |
| baby spinach leaves       | 1 bag (120g)    |

\*Pantry Items

### Nutrition

|                  | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2980kJ (713Cal) | 731kJ (175Cal) |
| Protein (g)      | 38.9g           | 9.5g           |
| Fat, total (g)   | 39.9g           | 9.8g           |
| - saturated (g)  | 4.9g            | 1.2g           |
| Carbohydrate (g) | 47.7g           | 11.7g          |
| - sugars (g)     | 7.4g            | 1.8g           |
| Sodium (g)       | 426mg           | 104mg          |

### Allergens

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)



### 1. Get prepped

Finely chop the **red onion**. Finely chop the **garlic** (or use a garlic press). Slice the **courgette** into 1cm half-moons. Cut the **capsicum** into 2cm pieces. Cut the **chicken breast** into 2cm chunks. In a medium bowl, combine the **chicken, lemon pepper spice blend** and a **pinch of salt and pepper**. **Drizzle with olive oil**, toss to coat and set aside. In a small bowl, combine the **creamy pesto dressing** and the **water (for the dressing)**.



### 2. Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing occasionally, until golden, **2-3 minutes**. Transfer to a second small bowl and set aside.



### 3. Cook the chicken

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, add the lemon pepper **chicken** and cook, stirring occasionally, until browned, **3-4 minutes**. Transfer to a plate.

**TIP:** The chicken will continue cooking in step 5!



### 4. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle of olive oil** if needed. Add the **onion** and cook, stirring occasionally, until softened, **2-3 minutes**. Add the **courgette** and **capsicum** and cook, tossing occasionally, until softened, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**.



### 5. Add the couscous

Return the **chicken** to the pan with the **red pesto** and stir to coat. Add the **water (for the couscous)** and crumble in **1 chicken stock** cube. Add the **couscous** and stir to combine. Bring to the boil, cover with a lid or foil then remove from the heat. Leave until all the liquid is absorbed, **5 minutes**. While the **couscous** is cooking, pick the **basil** leaves and thinly slice. Roughly chop the **baby spinach leaves**. Fluff up the **couscous** with a fork and stir through the **baby spinach** and **1/2 the basil**. Season to taste with **salt and pepper**.



### 6. Serve up

Divide the chicken and red pesto couscous between bowls. Drizzle over the creamy pesto dressing and sprinkle over the toasted almonds. Garnish with the remaining basil.

### Enjoy!