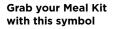


One-Pot Chicken & Couscous

with Red Pesto & Basil















Capsicum

Courgette





Chicken Breast



Lemon Pepper Spice Blend



Creamy Pesto



Flaked Almonds

Basil

Dressing



Chicken Stock



Red Pesto



Couscous







Baby Spinach Leaves

Pantry items Olive Oil



Hands-on: 25 mins Ready in: 35 mins



Before you start

Our fruit and veggies need a little wash first!

You will need

Large frying pan with a lid (or foil)

Ingredients

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	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**



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!