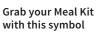


CUSTOMER FAVOURITE

KID FRIENDLY















Chicken-Style Stock Powder



Aussie Spice



Dill & Parsley

Mayonnaise

Tomato

Blend



Baby Spinach



Chicken Breast





Yoghurt



Eat Me Early

Prep in: 15-25 mins

Ready in: 25-35 mins

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



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

3				
	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1/2	1		
butter*	20g	40g		
garlic paste	1 packet	1 packet		
water*	¾ cup	1½ cups		
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)		
couscous	1 packet	1 packet		
chicken breast	1 packet	1 packet		
Aussie spice blend	1 sachet	1 sachet		
Greek-style yoghurt	1 medium packet	1 large packet		
dill & parsley mayonnaise	1 medium packet	1 large packet		
baby spinach leaves	1 small bag	1 medium bag		
tomato	1	2		
beef strips**	1 packet	1 packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2976kJ (711Cal)	704kJ (168Cal)
Protein (g)	43.2g	10.2g
Fat, total (g)	39g	9.2g
- saturated (g)	10.9g	2.6g
Carbohydrate (g)	50.4g	11.9g
- sugars (g)	8.6g	2g
Sodium (mg)	1485mg	351mg
Occasional Designation		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3013kJ (720Cal)	778kJ (186Cal)
Protein (g)	39.4g	10.2g
Fat, total (g)	41.6g	10.7g
- saturated (g)	12.5g	3.2g
Carbohydrate (g)	50.4g	13g
- sugars (g)	8.6g	2.2g
Sodium (mg)	1436mg	371mg

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.

We're here to help!

Scan here if you have any questions or concerns **2023** | CW03





Make the carrot couscous

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

TIP: Cover the pan with a lid if the garlic paste starts to spatter!

Little cooks: Kids can help fluff up the couscous once the pan has cooled down!



Finish the couscous

- Meanwhile, remove lid from couscous and allow to cool.
- In a small bowl, combine Greek-style yoghurt and dill & parsley mayonnaise. Season to taste and set aside.
- Roughly chop baby spinach leaves and tomato.
- In a second large bowl, combine couscous, baby spinach leaves, tomato and a drizzle of olive oil. Season to taste.

Little cooks: Kids can take charge by combining the ingredients for the yoghurt!



Cook the chicken

- While the couscous is cooking, cut **chicken breast** into 1cm strips.
- In a large bowl, combine Aussie spice blend and a splash of water. Add chicken and toss to coat.
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken strips in batches, tossing occasionally, until browned and cooked through, 3-4 minutes. Set aside.

Custom Recipe: If you've swapped to beef strips, combine beef strips with spice blend as above. Heat the frying pan as above. When oil is hot, cook beef strips in batches, until browned and cooked through, 1-2 minutes. Transfer to a plate.



Serve up

- Divide carrot couscous salad between bowls and top with chicken strips.
- Dollop with dill-parsley yoghurt to serve. Enjoy!

Little cooks: Kids can add the finishing touch by dolloping the yoghurt!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate