



Easy Chicken Strips & Carrot Couscous Salad

with Dill-Parsley Yoghurt

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Garlic Paste



Chicken-Style Stock Powder



Couscous



Aussie Spice Blend



Dill & Parsley Mayonnaise



Baby Spinach Leaves



Tomato



Chicken Breast



Greek-Style Yoghurt



Beef Strips

Prep in: 15-25 mins
Ready in: 25-35 mins

Eat Me Early

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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 | ½ | 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 |

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

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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!

Rate your recipe

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