

# Easy Seared Chicken & Carrot Couscous Salad

with Mango Yoghurt

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



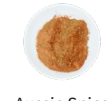
Garlic Paste



Chicken-Style Stock Powder



Couscous



Aussie Spice Blend



Tomato



Green Beans



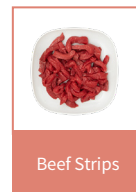
Chicken Breast



Mango Mayonnaise



Greek-Style Yoghurt



Beef Strips



### Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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 green beans 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, Vinegar (White Wine or Balsamic)

## Before you start

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	½	1
<b>butter*</b>	20g	40g
garlic paste	1 packet	1 packet
<b>water*</b>	¾ cup	1½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
green beans	1 bag (100g)	1 bag (200g)
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
tomato	1	2
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
mango mayonnaise	1 medium packet	2 medium packets
beef strips**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2970kJ (710Cal)	729kJ (174Cal)
Protein (g)	43.1g	10.6g
Fat, total (g)	39.1g	9.6g
- saturated (g)	10.9g	2.7g
Carbohydrate (g)	49.9g	12.2g
- sugars (g)	8.4g	2.1g
Sodium (mg)	1492mg	366mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3007kJ (719Cal)	807kJ (193Cal)
Protein (g)	39.4g	10.6g
Fat, total (g)	41.8g	11.2g
- saturated (g)	12.5g	3.4g
Carbohydrate (g)	49.9g	13.4g
- sugars (g)	8.4g	2.3g
Sodium (mg)	1444mg	388mg

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](https://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



1



## 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 is 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!

3



## Finish the couscous

- Meanwhile, remove lid from **couscous** and allow to cool.
- Roughly chop **tomato**.
- To the bowl with **green beans**, add **carrot couscous**, **tomato** and a drizzle of **vinegar** and **olive oil**. Toss to combine. Season to taste.
- In a small bowl, combine **Greek-style yoghurt** and **mango mayonnaise**. Season to taste and set aside.

2



## Cook the greens & chicken strips

- While the couscous is cooking, trim and halve **green beans**. Cut **chicken breast** into 2cm strips.
- In a medium 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 **green beans**, tossing, until tender, **4-5 minutes**. Transfer to a large bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken** strips in batches, tossing occasionally, until browned and cooked through, **4-5 minutes**. Set aside.

**Custom Recipe:** If you've swapped to beef strips, combine beef strips with spice blend as above. Reheat 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.

4



## Serve up

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

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)