



Garlic & Herb Chicken

with Parmesan Veggie Couscous & Mayonnaise

NEW



Grab your Meal Kit with this symbol



Parsnip



Carrot



Beetroot



Chicken Breast



Garlic & Herb Seasoning



Couscous



Chicken-Style Stock Powder



Lime



Grated Parmesan Cheese



Mayonnaise



Chicken Breast

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



Calorie Smart
**Custom Recipe is not Calorie Smart*



Eat Me Early

It's fragrant chicken sprinkled with herbs and garlic tonight and it's calling our name. We're going to answer to the call with a colourful couscous, popping with veggies and cheese. When they meet it will be an explosion of flavour.

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

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
carrot	1	2
beetroot	1	2
chicken breast	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
couscous	1 packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
lime	½	1
grated Parmesan cheese	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2639kJ (631Cal)	528kJ (126Cal)
Protein (g)	46.6g	9.3g
Fat, total (g)	21.7g	4.3g
- saturated (g)	5.7g	1.1g
Carbohydrate (g)	59.4g	11.9g
- sugars (g)	17.3g	3.5g
Sodium (mg)	1321mg	264mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3398kJ (812Cal)	515kJ (123Cal)
Protein (g)	79g	12g
Fat, total (g)	27.4g	4.2g
- saturated (g)	7.4g	1.1g
Carbohydrate (g)	59.4g	9g
- sugars (g)	17.3g	2.6g
Sodium (mg)	1420mg	215mg

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 | CW20



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **parsnip** and **carrot** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

3



Cook the chicken

- Heat a large frying pan with a drizzle of **olive oil** over medium-high heat. Cook **chicken** in batches, until cooked through, **3-5 minutes** (depending on thickness).
- Meanwhile, cut **lime** into wedges.
- To the **couscous**, add **roasted veggies**, **grated Parmesan cheese**, a squeeze of **lime juice** and a drizzle of **olive oil**. Season and stir to combine.

Custom Recipe: Cook chicken in batches for best results.

2



Prep the chicken & the couscous

- Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken** and turn to coat. Set aside.
- In a medium heatproof bowl, place **couscous** and **chicken-style stock powder**. Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.

Custom Recipe: If you've doubled your chicken breast, prep the chicken in the same way as above.

4



Serve up

- Slice garlic and herb chicken.
- Divide Parmesan veggie couscous and chicken between bowls. Spoon over any resting juices.
- Top with **mayonnaise** and serve with any remaining lime wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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