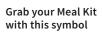


with Parmesan & Lemon Mayo

NEW















Israeli Couscous

Chicken-Style Stock Powder





Lemon

Tuscan Herb Seasoning

Baby Spinach

Mayonnaise



Chicken Breast



Grated Parmesan Cheese



The recent wet and cold weather across New Zealand has 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: 25-35 mins Ready in: 30-40 mins



Your home will smell like a five star restaurant when you sear the chicken, releasing the scent of the Tuscan herb seasoning. That gold rating is secured with fluffy pearls of Israeli couscous and bright, roast veggies added to this bowl of goodness. It will be your favourite go-to for a big wow factor dinner.



Olive Oil, Honey

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

Oven tray lined with baking paper \cdot Medium saucepan \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
leek	1	2
Israeli couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
lemon	1/2	1
chicken breast	1 packet	1 packet
Tuscan herb seasoning	1 sachet	2 sachets
honey*	1 tsp	2 tsp
mayonnaise	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2505kJ (598Cal)	616kJ (147Cal)
Protein (g)	45.7g	11.2g
Fat, total (g)	26.2g	6.4g
- saturated (g)	6.6g	1.6g
Carbohydrate (g)	40.6g	10g
- sugars (g)	5.8g	1.4g
Sodium (mg)	1217mg	299mg

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut tomato into wedges. Thickly slice leek into rounds.
- Place veggies on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to combine.
- Spread out evenly, then roast until tender,
 15-20 minutes.



Cook the couscous

- Meanwhile, heat a medium saucepan over medium-high heat with a drizzle of olive oil.
 Toast Israeli couscous, stirring occasionally, until golden, 1-2 minutes.
- Add the water and chicken-style stock powder.
 Reduce heat to medium and simmer, stirring occasionally, until couscous is tender and the water is absorbed, 10-12 minutes.



Flavour the chicken

- While the couscous is cooking, zest lemon to get a generous pinch, then cut into wedges. Cut chicken breast into 2cm chunks.
- In a large bowl, add chicken, lemon zest,
 Tuscan herb seasoning, a pinch of salt and pepper and drizzle of olive oil. Toss to combine.



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Remove pan from heat, then add the honey, tossing chicken to coat. Remove from heat.



Bring it all together

- While the chicken is cooking, combine mayonnaise and a generous squeeze of lemon juice in a small bowl.
- To the couscous, add the roast veggies, baby spinach leaves, any chicken resting juices from the pan and the grated Parmesan cheese. Gently stir to combine and season to taste.



Serve up

- Divide roast veggie Israeli couscous between bowls. Top with seared chicken.
- Drizzle over lemon mayo. Serve with any remaining lemon wedges. Enjoy!

