



# Seared Chicken & Roast Veggie Israeli Couscous

with Parmesan & Lemon Mayo

NEW

Grab your Meal Kit with this symbol



Tomato



Leek



Israeli Couscous



Chicken-Style Stock Powder



Lemon



Tuscan Herb Seasoning



Mayonnaise



Baby Spinach Leaves



Chicken Breast



Grated Parmesan Cheese



### Recipe Update

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



Eat Me Early

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.

### Pantry items

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 · Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
leek	1	2
Israeli couscous	1 packet	2 packets
<b>water*</b>	1¼ cups	2½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
lemon	½	1
chicken breast	1 packet	1 packet
Tuscan herb seasoning	1 sachet	2 sachets
<b>honey*</b>	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](https://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 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.



## 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**.



## 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.



## 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.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

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