

INGREDIENTS

2 PERSON | 4 PERSON



2.5 oz | 5 oz Israeli Couscous Contains: Wheat



2 | 4 Chicken Stock Concentrates



1/2 oz | 1 oz
Walnuts
Contains: Tree Nuts



9 oz | 18 oz Carrots



10 oz | 20 oz Chicken Cutlets



1 TBSP | 2 TBSP Fry Seasoning



2 TBSP | 4 TBSP Mayonnaise Contains: Eggs



1 tsp | 1 tsp Garlic Powder



2.5 oz | 5 oz Spinach



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

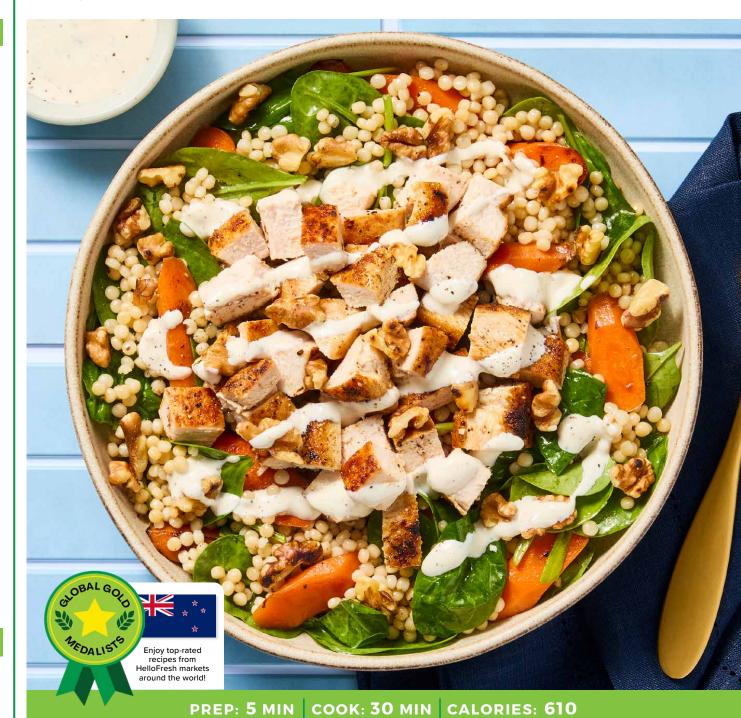
HELLO

ISRAELI COUSCOUS

Tiny round pasta with a nutty flavor and fun, bouncy texture

NEW ZEALAND'S CHICKEN & COUSCOUS SALAD

with Spinach, Toasted Walnuts & Garlic Aioli





EYES ON THE PRIZE

Watch your pan closely as you toast the walnuts in Step 2; they can burn easily. Transfer the nuts to a plate as soon as they're lightly browned and fragrant.

BUST OUT

- Small pot
- Aluminum foil
- Large pan
- Paper towels
- Peeler
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 COOK COUSCOUS

- In a small pot (medium pot for 4 servings), combine couscous, stock concentrates, ¾ cup water (1½ cups for 4), and a pinch of salt. Bring to a boil, then cover and reduce heat to low. Cook until tender, 12-14 minutes.
- Keep covered off heat until ready to use in Step 6.



2 TOAST WALNUTS

- While couscous cooks, heat a large dry pan over medium-high heat.
 Add walnuts and cook, stirring occasionally, until fragrant and lightly browned, 2-3 minutes.
- Turn off heat; transfer to a plate. Wipe out pan.



- · Wash and dry produce.
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces.
- Heat a drizzle of oil in pan used for walnuts over medium-high heat. Add carrots and season with a pinch of salt and pepper. Cook, stirring occasionally, until browned and tender, 5-7 minutes.
- Turn off heat; transfer to a second plate and tent with foil to keep warm. Wipe out pan.



4 COOK CHICKEN

- Pat chicken* dry with paper towels.
 Rub all over with a drizzle of oil and Fry Seasoning. Season with salt and pepper.
- Heat pan used for carrots over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. TIP: Lower heat if chicken begins to brown too quickly.
- Transfer chicken to a cutting board.



5 MAKE AIOLI

- While chicken cooks, in a small bowl, combine mayonnaise and half the garlic powder (all for 4 servings).
- Add water 1 tsp a time until mixture reaches a drizzling consistency. Season with salt and pepper.



6 FINISH & SERVE

- Fluff couscous with a fork; stir in spinach and roasted carrots until combined.
- Cut **chicken** into bite-size pieces.
- Divide couscous between shallow bowls. Top with chicken and sprinkle with toasted walnuts. Drizzle with aioli and serve.