



# NEW ZEALAND'S CHICKEN & COUSCOUS SALAD

with Spinach, Toasted Walnuts & Garlic Aioli

## INGREDIENTS

2 PERSON | 4 PERSON



**2.5 oz | 5 oz**  
Israeli Couscous  
Contains: Wheat



**2 | 4**  
Chicken Stock Concentrates



**½ 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



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PREP: 5 MIN | COOK: 30 MIN | CALORIES: 610



## 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.



### 3 PREP & COOK CARROTS

- **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.

\*Chicken is fully cooked when internal temperature reaches 165°.