



Caramelised Onion & Crumbly Cheese Chicken

with Roast Veggie Couscous & Lemon

Grab your Meal Kit with this symbol



White Turnip



Carrot



Lemon



Red Onion



Chicken Thigh



Garlic & Herb Seasoning



Greek Salad Cheese/
Feta Cheese



Couscous



Vegetable Stock Powder



Baby Spinach Leaves

Hands-on: **25-35 mins**
 Ready in: **40-50 mins**

Calorie Smart

Eat Me Early

We're predicting a flurry of excitement when this delectable creation hits the table! With a topping of caramelised onion and crumbly cheese, it's got flavour to burn, and we've added wholesome roasted veggies and couscous to seal the deal.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Butter

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
white turnip	1	2
carrot	1	2
lemon	½	1
red onion	1 (medium)	1 (large)
chicken thigh	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)
couscous	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
boiling water*	¾ cup	1½ cups
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2477kJ (592Cal)	504kJ (120Cal)
Protein (g)	45.8g	9.3g
Fat, total (g)	21.1g	4.3g
- saturated (g)	11.2g	2.3g
Carbohydrate (g)	52.9g	10.8g
- sugars (g)	11.8g	2.4g
Sodium (mg)	1341mg	273mg

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.

1



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **white turnip** and **carrot** into small chunks. Place the **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, **25-30 minutes**.

2



Get prepped

While the veggies are roasting, zest the **lemon** to get a pinch, then slice into wedges. Thinly slice the **red onion**. In a medium bowl, combine the **chicken thigh**, **garlic & herb seasoning**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season and set aside.

3



Caramelize the onion

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **5-6 minutes**. Reduce the heat to medium. Add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.

4



Cook the chicken

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until browned, **2 minutes** each side. Transfer the **chicken** to a second lined oven tray, then top with the **caramelised onion** and crumble over the **cheese**. Bake until cooked through, **8-12 minutes**. Meanwhile, boil the kettle.

TIP: Chicken is cooked through when it's no longer pink inside.

5



Make the couscous

While the chicken is cooking, place the **couscous** in a medium heatproof bowl, then add the **vegetable stock powder**, the **butter** and **boiling water** (¾ cup for 2 people / 1 1/2 cups for 4 people). Stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork. When the couscous is done, add the **baby spinach leaves**, **roasted veggies**, **lemon zest** and a squeeze of **lemon juice**. Toss to combine.

6



Serve up

Divide the roast veggie couscous between bowls. Top with the caramelised onion and crumbly cheese chicken. Serve with any remaining lemon wedges.

Enjoy!