



Chicken Tenderloins & Roast Veggie Couscous

with Herby Yoghurt Dressing

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Carrot
-  Beetroot
-  Peeled & Chopped Pumpkin
-  Garlic
-  Mint
-  Aussie Spice Blend
-  Chicken Tenderloin
-  Chicken Stock
-  Couscous
-  Greek Yoghurt
-  Dill & Parsley Mayonnaise
-  Pepitas

 Hands-on: **25-35 mins**
 Ready in: **30-40 mins**
 Eat me early

These tender chicken pieces are teamed with our popular Aussie spice blend to give you a burst of flavour with every bite. When you add couscous mixed with roasted veggies, mint and a creamy dill and parsley dressing, this meal is sure to be a hit in your house tonight!

Pantry items
 Olive Oil, 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot	1	2
beetroot	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	2 cloves	4 cloves
mint	1 bunch	1 bunch
Aussie spice blend	1 sachet	2 sachets
chicken tenderloin	1 packet	1 packet
butter*	15g	30g
water*	¾ cup	1½ cups
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets
Greek yoghurt	1 packet (100g)	1 packet (200g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
pepitas	½ packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3705kJ (885Cal)	513kJ (122Cal)
Protein (g)	56.4g	7.8g
Fat, total (g)	36.3g	5g
- saturated (g)	8.9g	1.2g
Carbohydrate (g)	78g	10.8g
- sugars (g)	31.9g	4.4g
Sodium (mg)	1166mg	161mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/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 **sweet potato, carrot and beetroot** (all unpeeled) into 1cm chunks. Place the **sweet potato, carrot, beetroot and peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt and pepper**, then toss to coat. Roast until tender, **20-25 minutes**.

TIP: Beetroot retains a lot of its firmness when cooked. It's cooked when it can be easily pierced with a fork.



4. Cook the chicken

While the couscous is cooking, heat a large frying pan over a medium-high heat. Add the **pepitas (see ingredients list)** and toast until golden, **2-3 minutes**. Transfer to a small bowl and set aside. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **chicken** and cook until browned and cooked through, **3-4 minutes** each side. Remove from the heat.

TIP: Don't worry if your chicken gets a little charred during cooking, it adds to the flavour!



2. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Pick and roughly chop the **mint**. In a medium bowl, combine the **Aussie spice blend** and a **good drizzle of olive oil**. Add the **chicken tenderloin** and toss to coat.



5. Make the dressing

In a small bowl, combine the **Greek yoghurt** and **dill & parsley mayonnaise**.



3. Cook the couscous

In a medium saucepan, melt the **butter** and a **small drizzle of olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and the crumbled **chicken stock (1 cube for 2 people / 2 cubes for 4 people)** and bring to the boil. Add the **couscous**, stir, then cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork and add the **mint** (reserve a pinch for garnish) and a **pinch of pepper**.



6. Serve up

Stir the roasted veggies through the couscous and divide between bowls. Top with the chicken and dollop over the herby yoghurt dressing. Garnish with the pepitas and sprinkle over the remaining mint to serve.

Enjoy!