

Chargrilled Greek-Style Chicken Tenders

with Haloumi, Tzatziki, Garlic Couscous & Flatbreads

Grab your Meal Kit with this symbol



Garlic



Parsley



Tomato



Cucumber



Haloumi



Chicken Tenderloins



Garlic & Herb Seasoning



Dried Oregano



Chicken Stock



Couscous



Mixed Salad Leaves



Flatbread



Tzatziki

 Hands-on: **20-30 mins**
Ready in: **30-40 mins**

 Eat me early

Make dinner a fast, easy, Greek-style affair with herby chargrilled chicken. Paired with squeaky haloumi, garlicky couscous and flatbreads, it's a winning barbeque meal. No barbie? No worries. Just follow our tips for cooking on the stove or in the oven!

Pantry items

Olive Oil, Red Wine Vinegar

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

BBQ · Medium saucepan with lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
tomato	1	2
cucumber	1	2
haloumi	1 block	2 blocks
chicken tenderloins	1 small packet	1 large packet
garlic & herb seasoning	1 sachet	2 sachets
dried oregano	1 sachet	2 sachets
water*	¾ cup	1½ cups
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets
red wine vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)
flatbread	½ packet	1 packet
tzatziki	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3492kJ (834Cal)	675kJ (161Cal)
Protein (g)	67.2g	13g
Fat, total (g)	38.6g	7.5g
- saturated (g)	15.8g	3.1g
Carbohydrate (g)	52.2g	10.1g
- sugars (g)	11.1g	2.1g
Sodium (mg)	1772mg	342mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the BBQ to a medium-high heat. Finely chop the **garlic**. Finely chop the **parsley** leaves. Roughly chop the **tomato** and **cucumber**. Pat the **haloumi** dry with a paper towel and cut into 1cm slices. Place the **haloumi** on a plate, drizzle with **olive oil** and turn to coat. In a medium bowl, combine the **garlic & herb seasoning**, **dried oregano**, a pinch of **pepper** and a good drizzle of **olive oil**. Add the **chicken tenderloins** and toss to coat. Set aside.



BBQ the chicken

When the BBQ is hot, add the **chicken** to the BBQ grill plate and cook, turning, until charred and cooked through, **8-12 minutes**. Transfer to a plate.

NO BBQ? Heat a drizzle of olive oil in a large frying pan over a high heat. Add the chicken and cook, tossing occasionally, until browned and cooked through, 3-4 minutes. Set aside on a plate to rest.



Cook the garlic couscous

Heat a drizzle of **olive oil** in a medium saucepan 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 to combine, 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 stir through the **parsley**.



BBQ the haloumi & flatbreads

Add the **haloumi** to the BBQ flat plate and grill until golden brown, **2-3 minutes** each side. Add the **flatbread** to the BBQ and grill, until lightly charred, **1-2 minutes** on each side.

TIP: Avoid using the grill plate to cook your haloumi in case it gets stuck!

No BBQ or flat plate? Heat a drizzle of olive oil in a large frying pan over a medium-high heat. Cook the haloumi until golden brown, 2 minutes each side. Heat the flatbreads in a sandwich press, or on a plate in the microwave for 10 second bursts, until warmed through.



Start the sides

While the couscous is cooking, combine a drizzle of **red wine vinegar** and **olive oil** in a medium bowl. Season with **salt** and **pepper**. Add the **tomato**, **cucumber** and **mixed salad leaves** and set aside. Brush the **flatbread** (see ingredients) with **olive oil** and season with **salt** and **pepper**.



Serve up

Toss the salad. Bring everything to the table to serve. Help yourself to the chargrilled Greek-style chicken tenders, garlic couscous, haloumi, salad, flatbreads and **tzatziki**.

Enjoy!