

# Honey & Chipotle Chicken

with Lemon, Garlic & Charred Corn Couscous Salad

Grab your Meal Kit with this symbol



Sweetcorn



Lemon



Garlic



Tomato



Coriander



Chicken Breast



Mild Chipotle Sauce



Couscous



Baby Spinach Leaves



Sour Cream

 Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

 Eat me early

You may have heard of a chipotle (pronounced “chi-pot-lay”), it’s simply a smoked, dried jalapeño. Their distinct smokey flavour works brilliantly as a glaze for the chicken, and we’ve put out the fire a little by adding honey to the sauce, plus serving it with a good dollop of sour cream. Now, lesson’s over, time to dig into a super simple meal that won’t compromise on flavour or nutrition.

### Pantry items

Olive Oil, Honey, 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

Large frying pan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	½ tin	1 tin
lemon	½	1
garlic	2 cloves	4 cloves
tomato	1	2
coriander	1 bunch	1 bunch
chicken breast	1 packet	1 packet
honey*	1 tbs	2 tbs
mild chipotle sauce	1 packet (40g)	2 packets (80g)
butter*	20g	40g
water*	¾ cup	1½ cups
couscous	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
sour cream	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2824kJ (674Cal)	570kJ (136Cal)
Protein (g)	48.8g	9.8g
Fat, total (g)	22.9g	4.6g
- saturated (g)	13.3g	2.7g
Carbohydrate (g)	53.3g	10.8g
- sugars (g)	19.7g	4g
Sodium (mg)	406mg	82mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Drain the **sweetcorn** (see ingredients). Zest the **lemon** to get a pinch, then slice into wedges. Finely chop the **garlic**. Roughly chop the **tomato** and **coriander**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a small bowl, combine the **honey** and **mild chipotle sauce**. Season with **salt** and **pepper**. Set aside.



## Cook the chicken

While the couscous is cooking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). In the last **1 minute** of cook time, pour over the **honey-chipotle glaze**, turning to coat the chicken.

**TIP:** The chicken is cooked through when it's no longer pink inside!



## Char the corn

Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl and set aside.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



## Make the couscous salad

While the chicken is cooking, add the **baby spinach leaves**, **tomato**, **coriander** and **couscous** to the charred **corn**. Add a squeeze of **lemon juice** and a drizzle of **olive oil**, then toss to combine. Season to taste.

**TIP:** Make the couscous salad in the saucepan to save on washing up!



## Cook the couscous

While the corn is charring, melt the **butter** in a medium saucepan over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Add the **water**, then season with **salt** and bring to the boil. Add the **couscous** and **lemon zest**, stir to combine, cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside, uncovered.



## Serve up

Divide the lemon, garlic and charred corn couscous salad between plates. Top with the honey-chipotle chicken. Spoon over any remaining glaze from the pan. Serve with the **sour cream** and any remaining lemon wedges.

Enjoy!