

# Lemon & Herb Chicken Strips

with Couscous & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Lemon



Garlic & Herb Seasoning



Chicken Breast Strips



Carrot



Tomato



Garlic



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Flaked Almonds



Currants



Chicken-Style Stock Powder



Couscous

 Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

 Eat me early

Zesty! Herby! Creamy! This Mediterranean-inspired meal features lemon, garlic and herbs in an easy marinade for chicken breast strips, while currants and carrot bring colour and flavour to the buttery couscous.

### Pantry items

Olive Oil, Balsamic Vinegar, 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
lemon	½	1
garlic & herb seasoning	1 sachet	1 sachet
chicken breast strips	1 packet	1 packet
carrot	½	1
tomato	1	2
garlic	1 clove	2 cloves
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	1 tsp	2 tsp
flaked almonds	1 packet	2 packets
butter*	10g	20g
water*	¾ cup	1½ cups
currants	1 packet	2 packets
chicken-style stock powder	1 sachet	1 sachet
couscous	1 packet	1 packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2779kJ (664Cal)	693kJ (165Cal)
Protein (g)	38.5g	9.6g
Fat, total (g)	31.9g	8g
- saturated (g)	6.8g	1.7g
Carbohydrate (g)	54g	13.5g
- sugars (g)	15.7g	3.9g
Sodium (mg)	1188mg	296mg

## 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.



## Flavour the chicken

Zest the **lemon** to get a pinch, then slice into wedges. In a large bowl, combine the **garlic & herb seasoning**, **lemon zest**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Add the **chicken breast strips**, season with **salt** and **pepper** and toss to coat. Set aside.



## Cook the couscous

In a medium saucepan, melt the **butter** and a drizzle of **olive oil** over a medium-high heat. Add the **garlic** and **carrot** and cook until fragrant, **1 minute**. Add the **water**, **currants** and the **chicken-style stock powder** 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, then add a generous squeeze of **lemon juice** and season with **salt** and **pepper**. Set aside, uncovered.



## Get prepped

Grate the **carrot** (see ingredients), unpeeled. Roughly chop the **tomato**. Finely chop the **garlic**. In a small bowl, add the **dill & parsley mayonnaise** and season with **salt** and **pepper**. Set aside. In a medium bowl, combine the **tomato** and **mixed salad leaves**. Just before serving, add the **balsamic vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then toss to combine.

**TIP:** Toss the salad just before serving to keep the leaves crisp.



## Cook the chicken

While the couscous is cooking, return the frying pan to a medium-high heat with a good drizzle of **olive oil**. When the oil is hot, cook the **chicken**, in batches, until browned and cooked through, **3-4 minutes** each side. Transfer to a plate to rest.

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

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



## Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a second small bowl.



## Serve up

Divide the carrot couscous and tomato salad between plates. Top with the lemon and herb chicken strips. Spoon over any chicken resting juices and drizzle over the dill-parsley mayo. Top with the toasted almonds. Serve with any remaining lemon wedges.

## Enjoy!