

Quick Herby Chicken & Veggie Couscous

with Parmesan & Lemon Mayo

Grab your Meal Kit with this symbol



Tomato



Chopped Veggie Mix



Italian Herbs



Chicken Breast



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Couscous



Lemon



Mayonnaise



Baby Spinach Leaves



Grated Parmesan Cheese



Hands-on: **15-25 mins**
Ready in: **25-35 mins**



Calorie Smart



Eat Me Early

You can't go wrong with garlic and herbs, or caramelised roasted veggies, or zingy mayo...This meal is the greatest hits of our favourite flavours, with juicy chicken breast leading the way.

Pantry items

Olive Oil

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
tomato	1	2
chopped veggie mix	1 medium packet	1 large packet
Italian herbs	1 sachet	2 sachets
chicken breast	1 small packet	1 large packet
garlic & herb seasoning	1 sachet	2 sachets
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
lemon	½	1
mayonnaise	1 packet (40g)	1 packet (100g)
baby spinach leaves	1 medium bag (60g)	1 large bag (120g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2426kJ (580Cal)	497kJ (119Cal)
Protein (g)	51.2g	10.5g
Fat, total (g)	18.5g	3.8g
- saturated (g)	4.6g	0.9g
Carbohydrate (g)	47.8g	9.8g
- sugars (g)	11.3g	9.8g
Sodium (mg)	1243mg	254mg

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **tomato** into wedges.
- Place **tomato, chopped veggie mix** and **Italian herbs** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **15-20 minutes**.

3



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **chicken**, in batches, until cooked through, **3-5 minutes** (depending on thickness).
- Cut **lemon** into wedges. In a small bowl, combine **mayonnaise** with a squeeze of **lemon juice**. Roughly chop **baby spinach leaves**.
- Add **baby spinach, roasted veggies** and **grated Parmesan cheese to couscous**. Season, then stir to combine.

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

2



Prep the chicken & couscous

- Meanwhile, place your hand flat on top of each **chicken breast**. Use a sharp knife to slice through horizontally to make 2 thin steaks.
- In a medium bowl, combine **chicken** and **garlic & herb seasoning**. Drizzle with **olive oil**, then toss to coat.
- In a medium saucepan, add the **water** and **chicken-style stock powder**, then bring to the boil. Add **couscous**, stirring to combine. Cover with a lid and remove from heat. Set aside until water is absorbed, **5 minutes**. Fluff up with a fork.

4



Serve up

- Slice herby chicken. Divide veggie couscous with Parmesan between bowls. Top with chicken and any resting juices.
- Serve with any remaining lemon wedges and a dollop of lemon mayo.

Enjoy!