



Quick Mediterranean Honey Chicken

with Israeli Couscous Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Cucumber



Tomato



Israeli Couscous



Chicken-Style Stock Powder



Chicken Breast



Aussie Spice Blend



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Hands-on: **15-25 mins**
Ready in: **20-30 mins**



Calorie Smart



Eat Me Early

Who doesn't love the signature combo of honey and succulent chicken. With tender pearls of Israeli couscous to soak up all the flavour and a herby hit of dill-parsley mayonnaise, it'll make for a meal that you won't be able to resist!

Pantry items

Olive Oil, Honey, White 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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
tomato	1	2
Israeli couscous	1 packet	2 packets
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
honey*	1 tsp	2 tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2225kJ (532Cal)	583kJ (139Cal)
Protein (g)	39.6g	10.4g
Fat, total (g)	23g	6g
- saturated (g)	3.2g	0.8g
Carbohydrate (g)	41.9g	11g
- sugars (g)	6.3g	1.7g
Sodium (mg)	1219mg	319mg

The quantities provided above are averages only.

Allergens

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

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



Cook the Israeli couscous

- Boil the kettle. Roughly chop **cucumber** and **tomato**.
- In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Add **Israeli couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Half-fill the saucepan with boiling water, then add **chicken-style stock powder**.
- Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return **couscous** to the saucepan with a drizzle of **olive oil**.



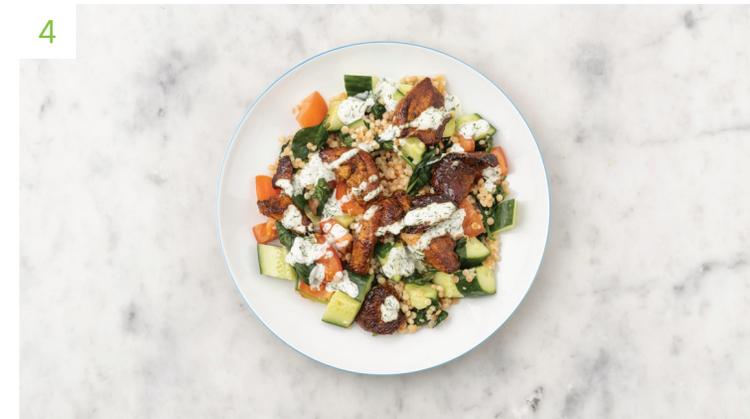
Bring it all together

- Add **cucumber**, **tomato**, **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil** to the **couscous** and toss to coat.



Cook the chicken

- While the couscous is cooking, cut **chicken breast** into 2cm-thick strips.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **chicken**, tossing occasionally, until browned and cooked through, **3-4 minutes** each side.
- Remove from the heat, then add the **honey** and toss to coat.



Serve up

- Divide Israeli couscous salad between plates.
- Top with honey chicken.
- Drizzle over **dill & parsley mayonnaise** to serve.

Enjoy!