



Honey Chicken & Mustardy Israeli Couscous

with Roasted Veggies

Grab your Meal Kit
with this symbol



Parsnip



Carrot



Garlic



Brown Onion



Tarragon



Chicken Thigh



Israeli Couscous



Longlife Cream



Chicken-Style Stock Powder



Dijon Mustard



Baby Spinach Leaves

Hands-on: 20-30 mins
 Ready in: 35-45 mins

Eat me early

Delight your senses when you indulge in this flavour-rich couscous dish. Starring none other than crispy-skinned chicken thigh, coated in a sticky honey glaze and accompanied by a deliciously creamy Israeli couscous, infused with tarragon, Dijon mustard and abundantly topped with roasted veggies.

Pantry items

Olive Oil, Honey, Butter,
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

Oven tray lined with baking paper · Large frying pan · Medium saucepan

Ingredients

	2 People refer to method	4 People refer to method
olive oil*	1	2
parsnip	1	2
carrot	1	2
garlic	3 cloves	6 cloves
brown onion	1 (medium)	1 (large)
tarragon	2 sticks	4 sticks
chicken thigh	1 packet	1 packet
honey*	½ tbs	1 tbs
Israeli couscous	1 packet	2 packets
water* (for the couscous)	1 ¼ cups	2 ½ cups
salt*	¼ tsp	½ tsp
butter*	20g	40g
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	1 sachet	1 sachet
Dijon mustard	½ packet (7.5g)	1 packet (15g)
water* (for the sauce)	2 tbs	¼ cup
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3322kJ (794Cal)	638kJ (152Cal)
Protein (g)	38.8g	7.5g
Fat, total (g)	45.9g	8.8g
- saturated (g)	23.5g	4.5g
Carbohydrate (g)	59.5g	11.4g
- sugars (g)	13.4g	2.6g
Sodium (mg)	999mg	192mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **parsnip** into bite-sized chunks. Cut the **carrot** into half-moons. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Cook the chicken

While the veggies are roasting, finely chop the **garlic**. Thinly slice the **brown onion**. Pick and finely chop the **tarragon**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken thigh**, turning occasionally, until browned and cooked through, **10-14 minutes**. In the last **minute** of cook time, add the **honey** and 1/3 of the **garlic** and turn to coat. Transfer to a plate to rest and cover with foil to keep warm.



Cook the Israeli couscous

While the chicken is cooking, heat a medium saucepan over a medium-high heat with a drizzle of **olive oil**. Add the **Israeli couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water (for the couscous)** and the **salt**. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water has been absorbed, **10-12 minutes**.



Cook the creamy sauce

While the chicken is resting, wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **6-8 minutes**. Add the **butter**, **tarragon** and remaining **garlic** and cook until fragrant, **1 minute**. Add the **longlife cream** (see ingredients), **chicken-style stock powder**, **Dijon mustard** (see ingredients) and **water (for the sauce)**. Simmer until slightly reduced, **1-2 minutes**.



Bring it all together

Add the **couscous**, **baby spinach leaves**, **white wine vinegar** and any **chicken resting juices** to the **creamy sauce**. Stir to combine and season to taste.



Serve up

Slice the honey chicken. Divide the mustardy Israeli couscous between bowls. Top with the roasted veggies and chicken.

Enjoy!