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WK10
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Spanish Chicken Casserole with Capsicum & Green Olives

Simmering red capsicum absolutely transforms it into sweet, soft and ever so slightly smoky ribbons of red. With such a delicious base to build on, it's no wonder that along with salty green olives, succulent chicken and fluffy couscous, it's one of our favourites at HelloFresh HQ.



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



eat me
early



one pot
wonder

Pantry Items



Olive Oil



Water



White
Sugar



Butter



Chicken Thighs



Brown Onion



Red Capsicum



Garlic



Diced Tomatoes



Green Olives



Couscous



Parsley

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QTY

Ingredients

2 tsp	olive oil *
700 g	chicken thighs, cut into 3 cm chunks
1	brown onion, finely sliced
1	red capsicum, finely sliced
2 cloves	garlic, peeled & crushed
2 tins	diced tomatoes
2 ¼ cups	boiling water *
¼ cup	green olives, sliced (check for pits)
2 tsp	white sugar *
1 ½ cups	couscous
2 tsp	butter *
1 bunch	parsley, leaves picked & chopped

⊕ Ingredients features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2530	Kj
Protein	44.1	g
Fat, total	18.7	g
-saturated	5.4	g
Carbohydrate	62.9	g
-sugars	8.7	g
Sodium	404	mg



You will need: *chef's knife, chopping board, garlic crusher, cling wrap, plate, medium bowl, fork, and a large frying pan.*



1 Heat the **olive oil** in a large frying pan over a medium-high heat. Add the **chicken thighs** and cook, stirring, for **3-4 minutes** or until browned. Remove from the pan and set aside on a plate.

2 Place the same frying pan back over a medium-high heat. Add the **brown onion** and **red capsicum** and cook, stirring, for **4-5 minutes** or until soft. Add the **garlic** and cook for **1 minute** or until fragrant. Add the browned chicken, **diced tomatoes**, $\frac{3}{4}$ cup of the **boiling water** (for added flavour pour the water into the empty tomato tins and swirl around before adding it to the pan), **green olives** and **white sugar** and bring to the boil. Reduce the heat to medium-low and season with **salt** and **pepper**. Simmer for **20 minutes** or until the chicken is cooked through and the sauce has thickened slightly.



3 Meanwhile, place the **couscous** in a medium bowl and pour over the remaining **1 ½ cups** of the boiling water. (The perfect couscous is made with equal parts couscous and boiling water). Cover with tightly wrapped cling wrap for **5 minutes**. Uncover, then fluff the couscous with a fork and season to taste with salt and pepper. Stir through the **butter** and half the **parsley** until combined.



4 To serve, divide the couscous between plates. Top with the chicken casserole and garnish with the remaining parsley.

Did you know? Olive trees can live for over 1000 years.