



Mediterranean Garlic-Honey Chicken

with Israeli Couscous Salad & Dill & Parsley Mayo

Grab your Meal Kit with this symbol



Cucumber



Snacking Tomatoes



Pearl Couscous



Chicken-Style Stock Powder



Chicken Tenderloins



Garlic & Herb Seasoning



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart*
**Custom recipe is not Calorie Smart*

Eat Me Early

Perfectly seasoned chicken tenderloins meet doughy pearl couscous and an Israeli-inspired salad in this speedy but satisfying meal, sure to be a new favourite!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1	2
snacking tomatoes	1 punnet	2 punnets
pearl couscous	1 medium packet	1 large packet
boiling water*	1¼ cups	2½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 sachet	2 sachets
honey*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2562kJ (612Cal)	572kJ (136Cal)
Protein (g)	47.7g	10.6g
Fat, total (g)	20.2g	4.5g
- saturated (g)	2.2g	0.5g
Carbohydrate (g)	58.2g	13g
- sugars (g)	6.4g	1.4g
Sodium (mg)	1009mg	225mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3277kJ (783Cal)	534kJ (127Cal)
Protein (g)	84.3g	13.7g
Fat, total (g)	22.7g	3.7g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	58.2g	9.5g
- sugars (g)	6.4g	1g
Sodium (mg)	1080mg	176mg

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Boil the kettle.
- Roughly chop **cucumber**.
- Halve **snacking tomatoes**.



Flavour & cook the chicken

- Meanwhile, in a medium bowl, combine **chicken tenderloins**, **garlic & herb seasoning** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When oil is hot, add **chicken** and cook, tossing occasionally, until browned and cooked through, **3-4 minutes** each side.
- Remove from heat. Add the **honey**, then toss to coat.

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

Custom Recipe: If you've doubled your chicken tenderloins, combine with seasoning as above. Cook in batches for best results, then return all chicken to the pan and add the honey, tossing to coat.



Cook the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Add **pearl couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **boiling water** (1¼ cups for 2P / 2½ cups for 4P) and **chicken-style stock powder**.
- Reduce heat to medium and simmer, stirring occasionally, until couscous is tender and water is absorbed, **10-12 minutes**. Transfer to a large bowl.



Serve up

- Combine couscous with cucumber, snacking tomatoes and **baby spinach leaves**. Drizzle with the **white wine vinegar** and olive oil, then toss to coat.
- Divide couscous salad between bowls. Top with garlic-honey chicken and a drizzle of **dill & parsley mayonnaise** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate