



Roast Chicken & Cherry Tomato Pearl Couscous

with Basil Pesto, Goat Cheese & Pine Nuts

GOURMET

Grab your Meal Kit with this symbol



Half Chicken



Garlic & Herb Seasoning



Pearl Couscous



Chicken Stock Pot



Snacking Tomatoes



Spinach & Rocket Mix



Marinated Goat Cheese



Pine Nuts



Basil Pesto

Prep in: 25-35 mins
Ready in: 40-50 mins

Eat Me Early

In this elegant yet doable dish, the garlic and herb butter makes the roast chook extra special, while the 'al dente' and doughy pearl couscous works wonderfully with the sweet bursts of cherry tomato, a mix of mild and peppery greens and creamy, tangy goat cheese. Bring everything together with an aromatic and boldly flavoured basil pesto.

Pantry items

Olive Oil, Butter

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
half chicken	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
pearl couscous	1 medium packet	2 medium packets OR 1 large packet
chicken stock pot	1 packet (20g)	2 packets (40g)
water*	1¾ cups	3½ cups
snacking tomatoes	1 punnet	2 punnets
spinach & rocket mix	1 medium bag	2 medium bags
marinated goat cheese	1 packet	2 packets
pine nuts	1 medium packet	1 large packet
basil pesto	1 packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5768kJ (1379Cal)	832kJ (199Cal)
Protein (g)	95g	13.7g
Fat, total (g)	83.3g	12g
- saturated (g)	27.2g	3.9g
Carbohydrate (g)	59.9g	8.6g
- sugars (g)	5.6g	0.8g
Sodium (mg)	1922mg	277mg

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.

Fancy a drop?

We recommend pairing this meal with Chardonnay or Verdelho



Sear the chicken

- Preheat oven to **240°C/220°C fan-forced**. In a small heatproof bowl, melt the **butter** in a microwave.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Season **half chicken** with a good pinch of **salt** and **pepper**.
- Sear **chicken**, skin side down first, until browned, **4-5 minutes** each side.



Get prepped

- Meanwhile, halve **snacking tomatoes**.



Roast the chicken

- Meanwhile, add **garlic & herb seasoning** to the **butter** and stir to combine.
- Transfer **chicken** to a lined oven tray, top **chicken** with **garlic-herb butter** and roast until cooked through, **25-30 minutes**.
- When chicken is cooked, cover to keep warm and set aside to rest for **5-10 minutes**.

TIP: Chicken cook times will vary depending on size, the chicken is cooked when it is no longer pink inside!



Finish the couscous

- When couscous has cooled, add **snacking tomatoes** and **spinach & rocket mix**.
- Add any remaining **chicken tray juices**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** and gently toss to combine.



Start the pearl couscous

- Meanwhile, in a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Stir in **chicken stock pot**, the **water** and a pinch of **salt**.
- Bring to the boil, then simmer uncovered, until tender and the water is absorbed, **10-12 minutes**.
- Transfer to a large bowl and set aside to cool for **5 minutes**.



Serve up

- Carve the chicken in half.
- Divide chicken and tomato couscous salad between plates.
- Crumble **marinated goat cheese** over couscous salad and sprinkle over **pine nuts**. Top chicken with **basil pesto** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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