



Greek-Style Chargrilled Chicken Kit

with Haloumi, Tzatziki, Garlic Couscous & Mini Tortillas

GRILL KIT

Grab your Meal Kit with this symbol



Garlic



Parsley



Tomato



Cucumber



Haloumi



Garlic & Herb Seasoning



Dried Oregano



Chicken Tenderloins



Chicken-Style Stock Powder



Couscous



Mixed Salad Leaves



Mini Flour Tortillas



Tzatziki

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

Eat Me Early

Make dinner a fast, easy, Greek-style affair with herby chargrilled chicken. Paired with squeaky haloumi, garlicky couscous and grilled tortillas, it's a winning barbecue meal. No barbie? No worries. Just follow our tips for cooking on the stove or in the oven!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

BBQ · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
tomato	1	2
cucumber	1	2
haloumi	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
dried oregano	1 medium sachet	1 large sachet
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
mini flour tortillas	6	12
tzatziki	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4354kJ (1041Cal)	751kJ (179Cal)
Protein (g)	68.8g	11.9g
Fat, total (g)	46g	7.9g
- saturated (g)	18.9g	3.3g
Carbohydrate (g)	83.3g	14.4g
- sugars (g)	9.6g	1.7g
Sodium (mg)	2424mg	418mg

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.



Get prepped

- Preheat BBQ to medium-high heat. Finely chop **garlic** and **parsley**.
- Roughly chop **tomato** and **cucumber**.
- Cut **haloumi** into 1cm-thick slices. In a medium bowl, add **haloumi** and cover with water.
- In a medium bowl, combine **garlic & herb seasoning**, **dried oregano**, a pinch of **pepper** and a good drizzle of **olive oil**. Add **chicken tenderloins** and toss to coat. Set aside.



BBQ the chicken

- When the BBQ is hot, add **chicken** to the BBQ grill plate and cook, turning, until charred and cooked through (when no longer pink inside), **8-12 minutes**. Transfer to a plate. Cover to keep warm.

No BBQ? Heat a drizzle of olive oil in a large frying pan over high heat. Add chicken and cook, tossing occasionally, until browned and cooked through (when no longer pink inside), 3-4 minutes. Set aside on a plate to rest and cover to keep warm.



Cook the garlic couscous

- Heat a drizzle of **olive oil** in a medium saucepan over medium-high heat. Add **garlic** and cook until fragrant, **1 minute**.
- Add the **water** and **chicken-style stock powder** and bring to the boil.
- Add **couscous**, stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork and stir through **parsley**.



BBQ the haloumi & mini tortillas

- Drain **haloumi** and pat dry. On a plate, add a drizzle of **olive oil**, then add **haloumi**, turning to coat.
- Add **haloumi** to the BBQ flat plate and grill until golden brown, **2-3 minutes** each side.
- Add **mini flour tortillas** to the BBQ and grill until lightly charred, **1-2 minutes** on each side.

No BBQ or flat plate? Heat a drizzle of olive oil in a large frying pan over medium-high heat. Cook haloumi until golden brown, 2 minutes each side. Heat mini flour tortillas in a sandwich press, or on a plate in the microwave for 10 second bursts, until warmed through.



Start the sides

- While the couscous is cooking, in a second medium bowl, combine a drizzle of the **vinegar** and **olive oil** and a pinch of **salt** and **pepper**.
- Add **tomato**, **cucumber** and **mixed salad leaves** and set aside.
- Brush **mini flour tortillas** with **olive oil** and season with **salt** and **pepper**.



Serve up

- Toss the salad.
- Bring everything to the table to serve.
- Help yourself to the Greek-style chargrilled chicken, garlic couscous, haloumi, salad, mini tortillas and **tzatziki**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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