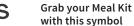


Homestyle Chicken & Creamy Pearl Couscous with Parmesan Cheese & Garden Salad

CLIMATE SUPERSTAR

KID FRIENDLY













Chicken Tenderloins

Aussie Spice



Light Cooking

Savoury Seasoning



Mixed Salad Leaves



Parmesan Cheese



Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early



Stress less about a cooking success thanks to the magic you can whip up in 4 simple steps! Succulent chicken coated in our famous Aussie spice blends sits on a bed of delicately chewy couscous bursting with rich, peppery flavour and pairs perfectly with a light, refreshing garden salad.

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
pearl couscous	1 medium packet	2 medium packets	
water*	1¾ cups	3½ cups	
tomato	1	2	
parsley	1 bag	1 bag	
carrot	1	2	
chicken tenderloins	1 small packet	2 small packets OR 1 large packet	
Aussie spice blend	1 medium sachet	1 large sachet	
light cooking cream	1 medium packet	1 large packet	
savoury seasoning	1 medium sachet	2 medium sachets	
mixed salad leaves	1 small bag	1 medium bag	
vinegar* (white wine or balsamic)	drizzle	drizzle	
Parmesan cheese	1 medium packet	1 large packet	
Parmesan cheese**	1 medium packet	1 large packet	

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2681kJ (641Cal)	615kJ (147Cal)
Protein (g)	52.6g	12.1g
Fat, total (g)	20.5g	4.7g
- saturated (g)	11.5g	2.6g
Carbohydrate (g)	59.4g	13.6g
- sugars (g)	9.7g	2.2g
Sodium (mg)	1081mg	248mg
Custom Pacina		

Per 100g Per Serving Avg Qty 2889kJ (690Cal) 643kJ (154Cal) Energy (kJ) Protein (g) 56.7g 12.6g Fat, total (g) 24.2g 5.4g - saturated (g) 14.2g 3.2g 59.6g Carbohydrate (g) 13.3g - sugars (g) 9.8g 2.2g

1213mg

The quantities provided above are averages only.

Allergens

Sodium (mg)

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





Cook the pearl couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Add the water and a pinch of salt. Bring to the boil, then simmer, uncovered, until couscous is tender and the water is absorbed, 12-14 minutes.



Make it creamy

- To saucepan with the couscous, add light cooking cream and savoury seasoning.
- Return to medium heat and cook until thickened slightly, 2-3 minutes.
- Stir through **parsley** and season generously with **pepper**.



Get prepped

- Meanwhile, cut tomato into thin wedges. Roughly chop parsley.
 Grate carrot.
- In a medium bowl, combine chicken tenderloins, Aussie spice blend and a drizzle of olive oil.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook chicken until browned and cooked through, 3-4 minutes each side.
 Transfer to a plate and cover to keep warm.

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



Make salad & serve up

- In a large bowl, combine mixed salad leaves, tomato, carrot and a drizzle of vinegar and olive oil. Season to taste.
- Divide creamy pearl couscous between bowls.
- Top with Aussie chicken and Parmesan cheese.
- Serve with garden salad. Enjoy!

Custom Recipe: If you've doubled your on Parmesan cheese, sprinkle extra cheese over couscous to serve!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate



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