



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

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pearl Couscous



Tomato



Parsley



Carrot



Chicken Tenderloins



Aussie Spice Blend



Light Cooking Cream



Savoury Seasoning



Mixed Salad Leaves



Parmesan Cheese



Parmesan Cheese

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

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

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.

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

### 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
<b>olive oil*</b>	refer to method	refer to method
pearl couscous	1 medium packet	2 medium packets
<b>water*</b>	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
<b>vinegar*</b> (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 Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2889kJ (690Cal)	643kJ (154Cal)
Protein (g)	56.7g	12.6g
Fat, total (g)	24.2g	5.4g
- saturated (g)	14.2g	3.2g
Carbohydrate (g)	59.6g	13.3g
- sugars (g)	9.8g	2.2g
Sodium (mg)	1213mg	270mg

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](https://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



1



## 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**.

3



## 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**.

2



## 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.

4



## 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](https://hellofresh.com.au/rate)