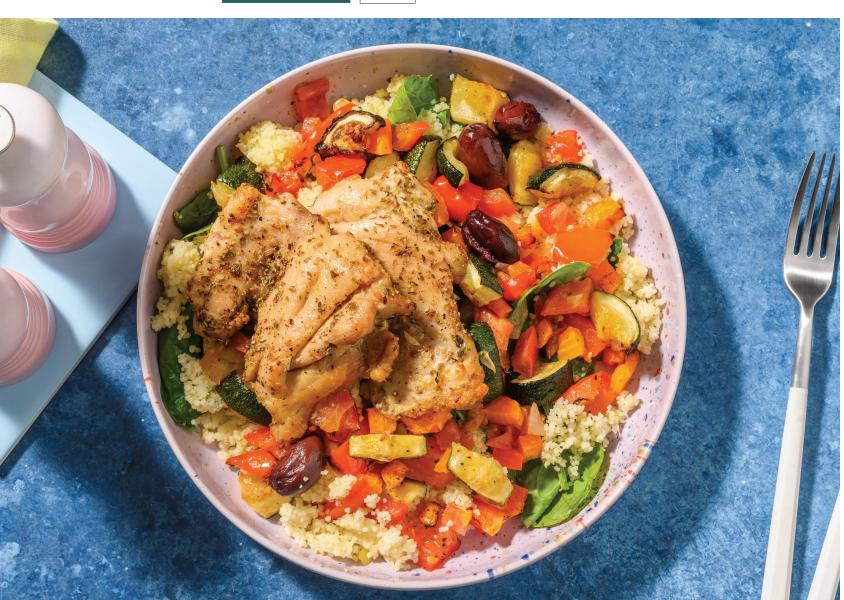


Sicilian-Style Chicken, Olive & Veggie Bake with Spinach Couscous

WINTER WARMERS



Grab your meal kit with this number













Chicken Breast

Zucchini





Garlic Paste



Garlic & Herb

Seasoning



Kalamata Olives



Diced Tomatoes With Onion & Garlic



Couscous



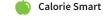
Baby Spinach Leaves





Prep in: 15-25 mins Ready in: 35-45 mins

Eat Me Early





Spend less time in the kitchen and more time enjoying this rustic veggie and herby chicken combo thanks to this simple four step recipe with most of the magic made in the oven! Don't forget to add those kalamata olives for a welcome burst of saltiness.



Olive Oil, Butter, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 baking dish \cdot Large frying pan

Ingredients

| | 2 People | 4 People |
|--|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| capsicum | 1 | 2 |
| zucchini | 1 | 2 |
| chicken breast | 1 medium packet | 2 medium packets OR 1 large packet |
| garlic paste | 2 packets | 4 packets |
| garlic & herb seasoning | 1 medium sachet | 2 medium sachets |
| kalamata olives | 1 packet | 2 packets |
| diced tomatoes with onion & garlic | 1 packet | 2 packets |
| butter* | 20g | 40g |
| brown sugar* | pinch | pinch |
| couscous | 1 medium packet | 1 large packet |
| salt* | 1/4 tsp | ½ tsp |
| boiling water* | ¾ cup | 1½ cups |
| baby spinach leaves | 1 small packet | 1 medium packet |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2832kJ (677cal) | 189kJ (45cal) |
| Protein (g) | 45.5g | 3g |
| Fat, total (g) | 25g | 1.7g |
| - saturated (g) | 9.2g | 0.6g |
| Carbohydrate (g) | 62.8g | 4.2g |
| - sugars (g) | 22.7g | 1.5g |
| Sodium (mg) | 3352mg | 223.8mg |
| Dietary Fibre (g) | 9.7g | 0.6g |
| | | |

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Roughly chop carrot, capsicum and zucchini.
- Place veggies in a large baking dish. Drizzle with olive oil and season with salt.
- Toss to coat and spread out evenly in a single layer. Roast until tender,
 15-20 minutes.



Make the couscous

- When the veggie bake has **5 minutes** cook time remaining, boil the kettle.
- In a medium heatproof bowl, add couscous and the salt. Add the boiling water (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for 5 minutes. Fluff up with a fork. Stir baby spinach leaves through couscous.



Cook the chicken

- While veggies are roasting, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine chicken, garlic paste, garlic & herb seasoning, a drizzle of olive oil and a pinch of salt and pepper.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through (when no longer pink inside),
 3-6 minutes each side.
- When the veggies are roasted, remove baking dish from oven. Add kalamata olives, diced tomatoes with onion & garlic, the butter and a pinch of brown sugar. Stir to combine. Add cooked chicken and bake until sauce has reduced slightly, 8-12 minutes.



Serve up

- Divide spinach couscous between bowls.
- Top with Sicilian-style chicken, olive and veggie bake to serve. Enjoy!





DOUBLE CHICKEN BREAST S

