



# Sicilian-Style Chicken, Olive & Veggie Bake

with Spinach Couscous

WINTER WARMERS

NEW

Grab your meal kit with this number

39



Carrot



Capsicum



Zucchini



Chicken Breast



Garlic Paste



Garlic & Herb Seasoning



Kalamata Olives



Diced Tomatoes With Onion & Garlic



Couscous



Baby Spinach Leaves



Chicken Breast



Chicken Thigh

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

Calorie Smart

Protein Rich

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.

### Pantry items

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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>butter*</b>	20g	40g
<b>brown sugar*</b>	pinch	pinch
couscous	1 medium packet	1 large packet
<b>salt*</b>	¼ tsp	½ tsp
<b>boiling water*</b>	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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**.

3



## 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.

2



## 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**.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN THIGH

Season chicken as above and bake until cooked through, 12-14 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

