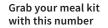


CLIMATE SUPERSTAR











Chicken Breast

Mediterranean Seasoning



Greek-Style Yoghurt

Tomato





Carrot

Garlic Paste



Chicken Stock

Couscous





Baby Spinach Leaves

Flaked Almonds







Eat Me Early





Protein Rich

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 frying pan · Medium saucepan with a lid

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Mediterranean seasoning	1 sachet	2 sachets
Greek-style yoghurt	1 medium packet	1 large packet
tomato	1	2
carrot	1/2	1
butter*	10g	20g
garlic paste	1 packet	2 packets
water*	¾ cup	1½ cups
chicken stock pot	½ packet	1 packet
couscous	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
flaked almonds	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2285kJ (584cal)	584kJ (149cal)
Protein (g)	47g	12g
Fat, total (g)	18.6g	4.8g
- saturated (g)	5.8g	1.5g
Carbohydrate (g)	46g	11.8g
- sugars (g)	9.4g	2.4g
Sodium (mg)	1134mg	290mg
Dietary Fibre (g)	6.6g	1.7g

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

- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine Mediterranean seasoning, a pinch of salt and pepper, a drizzle of olive oil and 1/3 of the Greek-style yoghurt. Add chicken, turning to coat. Set aside.
- Roughly chop tomato.
- Grate carrot (see ingredients). Set aside.



Finish the couscous

- To saucepan, add the water and chicken stock pot (see ingredients). Bring
 to the boil. Add couscous, stirring to combine. Cover with a lid, then remove
 from heat. Set aside until water is absorbed, 5 minutes.
- While the couscous is cooking, combine tomato and a drizzle of olive oil in a second medium bowl. Season with salt and pepper. Toss to coat. Set aside.
- Fluff up couscous with a fork, then stir through baby spinach leaves.
 Season to taste.



Cook the chicken & start the couscous

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook chicken steaks until browned and cooked through (when no longer pink inside), 3-6 minutes each side.
- Meanwhile, heat a medium saucepan over medium-high heat with the butter and a drizzle of olive oil. Cook carrot, stirring, until softened,
 2-3 minutes. Add garlic paste and cook, stirring until fragrant, 1 minute.

TIP: Cook in batches if your pan is getting crowded.



Serve up

- · Slice chicken.
- Divide Mediterranean-spiced chicken and carrot couscous between plates.
- · Top couscous with tomatoes.
- Serve with remaining yoghurt and sprinkle over **flaked almonds**. Enjoy!





