



Herby Chicken & Lemony Couscous

with Green Beans & Semi-Dried Tomatoes

NEW

Grab your meal kit
with this number

12



Lemon



Chicken Breast



Garlic & Herb
Seasoning



Trimmed Green
Beans



Couscous



Rocket Leaves



Semi-Dried
Tomatoes



Mayonnaise



Chicken
Breast



Beef
Strips

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

Protein Rich

Calorie Smart

Eat Me Early

Take a gorgeous grain and make it the foundation of a delicious salad. Top it all off with herby chicken, semi-dried tomatoes and green beans and you'll have a salad worth raving on about!

Pantry items

Olive Oil, Butter, Honey

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
trimmed green beans	1 medium packet	1 large packet
couscous	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
butter*	20g	40g
boiling water*	¾ cup	1½ cups
honey*	½ tbs	1 tbs
rocket leaves	1 small packet	2 small packets
semi-dried tomatoes	1 packet	2 packets
mayonnaise	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2847kJ (680cal)	673kJ (159cal)
Protein (g)	45.1g	10.7g
Fat, total (g)	33.4g	7.9g
- saturated (g)	8.6g	2g
Carbohydrate (g)	47.7g	11.3g
- sugars (g)	11.1g	2.6g
Sodium (mg)	923mg	218.2mg
Dietary Fibre (g)	7.6g	1.8g

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Boil the kettle.
- Slice **lemon** into wedges.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **garlic & herb seasoning**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken steaks**, turning to coat.

3



Cook the chicken

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken steaks** until cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add the **honey** and a good squeeze of **lemon juice**, turning **chicken** to coat. Season to taste.

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

CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

2



Cook green beans & make the couscous

- Add **trimmed green beans** and a splash of water to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave **green beans** on high until just tender, **2-4 minutes**. Drain, then return to the bowl and cover to keep warm.
- To a large heatproof bowl, add **couscous**, the **salt** and **butter**.
- Add the **boiling water** (¾ cups 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 and allow to cool slightly.

4



Finish & serve

- To couscous, add **rocket leaves**, **semi-dried tomatoes**, green beans, a squeeze of lemon juice and a drizzle of olive oil, tossing to combine. Season to taste.
- Slice chicken.
- Divide lemony couscous between bowls. Top with herby chicken. Drizzle over **mayonnaise** and serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



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

