

NEW



Grab your meal kit with this number











Trimmed Green

Seasoning







Semi-Dried Tomatoes



Mayonnaise



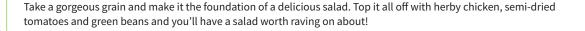




Eat Me Early







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	1/2	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*	1/4 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



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!

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





DOUBLE CHICKEN BREAST

cooked through, 1-2 minutes.

