



# Quick Herby Chicken & Carrot Couscous

with Tzatziki & Mint

Grab your Meal Kit with this symbol



Carrot



Green Beans



Garlic



Cherry Tomatoes



Baby Spinach Leaves



Mint



Garlic & Herb Seasoning



Chicken Tenderloins



Chicken Stock Powder



Couscous



Tzatziki

Hands-on: **25-35 mins**  
Ready in: **25-35 mins**

Eat Me Early

Calorie Smart

Zesty! Herby! Creamy! This Mediterranean-inspired meal features lemon, garlic and herbs in an easy marinade for tender chicken tenderloins, while carrot and mint bring colour and flavour to couscous.

*Unfortunately, this week's cucumbers were in short supply, so we've replaced them with green beans. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Butter, Plain Flour

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	½	1
green beans	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
cherry tomatoes	1 punnet	2 punnets
baby spinach leaves	1 bag (30g)	1 bag (60g)
mint	1 bag	1 bag
plain flour*	1 tsp	2 tsp
garlic & herb seasoning	1 sachet	2 sachets
chicken tenderloins	1 packet	1 packet
butter*	20g	40g
water*	¾ cup	1½ cups
chicken stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
tzatziki	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2457kJ (587Cal)	488kJ (116Cal)
Protein (g)	48.4g	9.6g
Fat, total (g)	20.5g	4.1g
- saturated (g)	7.6g	1.5g
Carbohydrate (g)	48.7g	9.7g
- sugars (g)	10.9g	2.2g
Sodium (mg)	1109mg	220mg

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.



## Get prepped

- Grate **carrot** (see ingredients). Trim and halve **green beans**. Finely chop **garlic**. Halve **cherry tomatoes**.
- Roughly chop **baby spinach leaves**. Pick and roughly chop **mint** leaves.
- In a large bowl, combine **plain flour** and **garlic & herb seasoning**.
- Add **chicken tenderloins** and toss to coat.



## Cook the chicken

- Heat a drizzle of **olive oil** in a large frying pan over a high heat.
- Cook **chicken** in batches, tossing occasionally, until browned and cooked through, **3-4 minutes**.
- Meanwhile, add **cherry tomatoes**, **baby spinach** and 1/2 the **mint** to the **carrot couscous**. Season to taste.



## Make the carrot couscous

- Melt **butter** with a drizzle of **olive oil** in a medium saucepan over a medium-high heat.
- Cook **carrot** and **green beans**, stirring, until softened, **2-3 minutes**. Add **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water** and **chicken stock powder**. Bring to the boil.
- Add **couscous** to the saucepan, stir to combine, then cover with a lid and remove from the heat.
- Set aside until the water has absorbed, **5 minutes**.



## Serve up

- Divide the carrot couscous salad and garlic and herb chicken between plates.
- Garnish with remaining mint and serve with the **tzatziki**.

## Enjoy!