



Greek-Style Chargrilled Chicken

with Haloumi, Garlic Couscous & Grilled Flatbreads

GRILL KIT



Grab your Meal Kit with this symbol



Garlic



Parsley



Tomato



Cucumber



Garlic & Herb Seasoning



Dried Oregano



Chicken-Style Stock Powder



Couscous



Mixed Salad Leaves



Flatbread



Haloumi



Chicken Tenderloins



Garlic Sauce

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

Make dinner a fast, easy, Greek-style affair with herby chargrilled chicken. Paired with squeaky haloumi, garlicky couscous and flatbreads, it's a winning barbeque meal. No barbie? No worries. Just follow our tips for cooking on the stove or in the oven!

Pantry items

Olive Oil, Red Wine Vinegar

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

BBQ · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
tomato	1	2
cucumber	1	2
haloumi	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
dried oregano	1 medium sachet	1 large sachet
chicken tenderloins	1 small packet	1 large packet
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
red wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
flatbread	2	4
garlic sauce	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3451kJ (825Cal)	678kJ (162Cal)
Protein (g)	63.1g	12.4g
Fat, total (g)	40.1g	7.9g
- saturated (g)	17.2g	3.4g
Carbohydrate (g)	50.1g	9.8g
- sugars (g)	7.8g	1.5g
Sodium (mg)	2119mg	416mg

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

- Preheat the BBQ to medium-high heat. Finely chop **garlic**. Finely chop **parsley**. Roughly chop **tomato** and **cucumber**.
- Cut **haloumi** into 1cm-thick slices. In a medium bowl, add **haloumi** and cover with water.
- In a second medium bowl, combine **garlic & herb seasoning**, **dried oregano**, a pinch of **pepper** and a good drizzle of **olive oil**. Add **chicken tenderloins** and toss to coat. Set aside.



BBQ the chicken

- When the BBQ is hot, add **chicken** to the BBQ grill plate and cook, turning, until charred and cooked through (when no longer pink inside), **8-12 minutes**. Transfer to a plate to rest. Cover to keep warm.

No BBQ? Heat a drizzle of olive oil in a large frying pan over high heat. Add chicken and cook, tossing occasionally, until browned and cooked through (when no longer pink inside), 3-4 minutes. Set aside on a plate to rest and cover to keep warm.



Cook the garlic couscous

- Heat a drizzle of **olive oil** in a medium saucepan over medium-high heat. Add **garlic** and cook until fragrant, **1 minute**.
- Add the **water** and **chicken-style stock powder** and bring to the boil.
- Add **couscous**, stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork and stir through **parsley**.



BBQ the haloumi & flatbreads

- Drain haloumi, pat dry and place on a plate. Drizzle with **olive oil** and turn to coat.
- Add **haloumi** to the BBQ flat plate and grill until golden brown, **2-3 minutes** each side.
- Add **flatbread** to the BBQ and grill until lightly charred, **1-2 minutes** on each side.

TIP: Avoid using the grill plate to cook your haloumi in case it gets stuck!

No BBQ or flat plate? Heat a drizzle of olive oil in a large frying pan over medium-high heat. Cook haloumi until golden brown, 2 minutes each side. Heat flatbreads in a sandwich press, or on a plate in the microwave for 10 second bursts, until warmed through.



Start the sides

- While the couscous is cooking, in a third medium bowl, combine a drizzle of **red wine vinegar** and **olive oil** and a pinch of **salt** and **pepper**.
- Add **tomato**, **cucumber** and **mixed salad leaves** and set aside.
- Brush **flatbread** (see ingredients) with **olive oil** and season with **salt** and **pepper**.

TIP: Toss the salad just before serving to keep the leaves crisp!



Serve up

- Toss the salad. Bring everything to the table to serve.
- Help yourself to the Greek-style chargrilled chicken, garlic couscous, haloumi, salad, flatbreads and **garlic sauce**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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