



LEMON, GARLIC & HERB CHICKEN

with Couscous & Herby Yoghurt Sauce



Make a herbed yoghurt sauce



Lemon



Garlic & Herb Seasoning



Chicken Tenderloin



Cucumber



Cherry Tomatoes



Baby Spinach Leaves



Garlic



Dill & Parsley Mayonnaise



Greek Yoghurt



Flaked Almonds



Currants



Chicken Stock



Couscous

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

Eat me early

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

Pantry Staples: Olive Oil, Vinegar (White Wine Or Red Wine), Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **large frying pan** • **medium saucepan** with a **lid**



1 MARINATE THE CHICKEN

Zest the **lemon** to get a **good pinch**, then slice into wedges. In a large bowl, combine the **garlic & herb seasoning**, **lemon zest**, a **squeeze of lemon juice**, a **pinch of salt** and **pepper** and a **drizzle of olive oil**. Add the **chicken tenderloin** and stir to coat.



2 GET PREPPED

Finely chop the **cucumber**. Slice the **cherry tomatoes** in half. Roughly chop the **baby spinach leaves**. Finely chop the **garlic** (or use a garlic press). In a small bowl, combine the **dill & parsley mayonnaise** and **Greek yoghurt**. Season with **salt** and **pepper** and set aside. In a medium bowl, add the **cucumber**, **cherry tomatoes**, **vinegar**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Set aside.



3 TOAST THE ALMONDS

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast until golden, **2-3 minutes**. Transfer to a plate.



4 MAKE THE COUSCOUS

In a medium saucepan, melt the **butter** and a **drizzle of olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water**, **currants** and crumbled **chicken stock** cubes and bring to the boil. Add the **couscous**. Stir to combine, then 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 add a **generous squeeze of lemon juice** and a **pinch of salt** and **pepper**. Stir through the chopped **baby spinach**.



5 COOK THE CHICKEN

While the couscous is cooking, return the frying pan to a medium-high heat with a **good drizzle of olive oil**. When the oil is hot, add **1/2 the chicken** and cook until browned and cooked through, **3-4 minutes** each side. Transfer to a plate and repeat with the **remaining chicken**. **TIP:** Don't worry if your chicken gets a little charred during cooking – it adds to the flavour!



6 SERVE UP

Divide the couscous between bowls and top with the lemon, garlic and herb chicken. Pour over any chicken resting juices and dollop over the herby yoghurt dressing. Top the adults' portions with the flaked almonds. Serve with the tomato and cucumber salad and any remaining lemon wedges.

ENJOY!

4-5 PEOPLE INGREDIENTS

| | 4-5P |
|-----------------------------------|-----------------|
| olive oil* | refer to method |
| lemon | 1 |
| garlic & herb seasoning | 2 sachets |
| chicken tenderloin | 1 packet |
| cucumber | 1 |
| cherry tomatoes | 1 punnet |
| baby spinach leaves | 1 bag (30g) |
| garlic | 2 cloves |
| dill & parsley mayonnaise | 1 packet (50g) |
| Greek yoghurt | 1 packet (100g) |
| vinegar* (white wine or red wine) | 1 tsp |
| flaked almonds | 1 packet |
| butter* | 20g |
| water* | 1½ cups |
| currants | 1 packet |
| chicken stock | 2 cubes |
| couscous | 2 packets |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 2360kJ (564Cal) | 589kJ (141Cal) |
| Protein (g) | 48.9g | 12.2g |
| Fat, total (g) | 17.9g | 4.5g |
| - saturated (g) | 5.2g | 1.3g |
| Carbohydrate (g) | 49.9g | 12.5g |
| - sugars (g) | 11.3g | 2.8g |
| Sodium (g) | 543mg | 135mg |

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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