



Mediterranean Chicken

with Herbed Fetta Pearl Couscous



Cook with pearl couscous



Garlic



Dried Oregano



Free-Range Chicken Breast



Pearl Couscous



Tomato Chutney



Fetta



Red Onion



Cucumber



Mint



Parsley

Pantry Staples



Olive Oil



White Wine Vinegar



Water

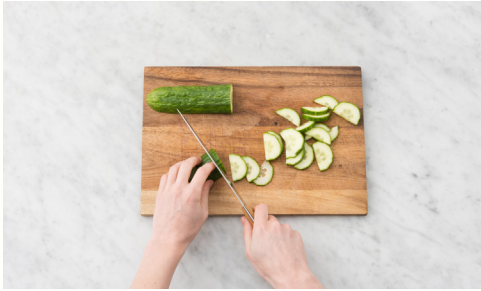
Hands-on: 20 mins
Ready in: 35 mins

Eat me early

This dish is a guaranteed crowd pleaser, we promise. Pearl couscous and fetta cheese make the perfect bed for chicken that transports you to the Mediterranean in a single bite.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium saucepan** with a **lid**, **garlic crusher**, **chef's knife**, **chopping board**, **two medium bowls**, **medium frying pan**, **oven tray** lined with **baking paper** and **tongs**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Bring a medium saucepan of salted water to the boil. Peel and crush the **garlic**. Finely chop the **red onion (use suggested amount)**. Chop the **cucumber** into half-moons. Finely chop the **mint** leaves. Finely chop the **parsley** leaves.



2 MARINATE THE CHICKEN

In a medium bowl, combine the **garlic**, the **dried oregano** and a **drizzle of olive oil**. Season with a **pinch of salt** and **pepper**. Add the **free-range chicken breast** and toss to coat. Set aside.



3 COOK THE PEARL COUSCOUS

Add the **pearl couscous** to the medium saucepan of boiling water and cook for **10 minutes**, or until the couscous is soft. Drain and return to the saucepan. Cover with a lid to keep warm. **TIP:** *Drizzle the couscous with olive oil to prevent sticking.*



4 COOK THE CHICKEN

While the couscous is cooking, heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the marinated **chicken breast** and cook for **2 minutes** on each side, or until browned. Transfer the chicken to the oven tray lined with baking paper and place in the oven to cook for **10-15 minutes**, or until the chicken is cooked through. **TIP:** *The chicken is cooked when it is no longer pink inside.* Slice into 2 cm slices.



5 MAKE THE FETTA COUSCOUS

While the chicken is cooking, combine a **drizzle of olive oil**, the **tomato chutney**, **white wine vinegar** and **water (check the ingredients list for the amount)** in a medium bowl. Add the **pearl couscous**, **red onion**, **cucumber**, **mint** and **parsley** and season to taste with a **pinch of salt** and **pepper**. **TIP:** *If you don't like raw onion, cook it in a medium frying pan over medium-high heat for 3-4 minutes, or until softened.* Crumble in the **fetta** and gently toss to coat in the tomato chutney dressing.



6 SERVE UP

Divide the herbed fetta pearl couscous between plates and top with the Mediterranean chicken slices.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil *	refer to method	refer to method
garlic	1 clove	2 cloves
red onion	½	1
cucumber	1	2
mint	1 bunch	1 bunch
parsley	1 bunch	1 bunch
dried oregano	1 sachet (2 tsp)	2 sachets (4 tsp)
free-range chicken breast	1 packet	1 packet
pearl couscous	1 packet (¾ cup)	2 packets (1½ cup)
tomato chutney	1 tub (50 g)	1 tub (100 g)
white wine vinegar *	1 tsp	2 tsp
water *	1 tsp	2 tsp
fetta	1 block (50 g)	1 block (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2840kJ (678Cal)	663kJ (158Cal)
Protein (g)	50.1g	11.7g
Fat, total (g)	30.4g	7.1g
saturated (g)	8.9g	2.1g
Carbohydrate (g)	49.2g	11.5g
sugars (g)	12.3g	2.9g
Sodium (mg)	436mg	102mg

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