



Chermoula Chicken & Couscous Power Bowl

with Olives & Garlic Dip

Grab your Meal Kit with this symbol



Couscous



Chicken-Style Stock Powder



Tomato



Kalamata Olives



Baby Spinach Leaves



Chicken Tenderloins



Chermoula Spice Blend



Garlic Sauce

Prep in: **15 mins**
Ready in: **15 mins**

1 Eat Me Early

You'd think a lunch like this would take loads of time and effort to make, but it's ready in only 15 minutes!
Low-fuss and high on flavour, this power bowl can be prepped the day before or made on the spot for an instant meal.

Pantry items

Olive Oil, Honey, White Wine Vinegar

SGV



Before you start

Wash your hands and any fresh food.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
couscous	1 medium packet
chicken-style stock powder	1 medium sachet
boiling water*	¾ cup
tomato	1
kalamata olives	1 packet
baby spinach leaves	1 medium bag
chicken tenderloins	1 small packet
chermoula spice blend	1 sachet
honey*	½ tbs
white wine vinegar*	drizzle
garlic sauce	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2044kJ (489Cal)	591kJ (141Cal)
Protein (g)	45.1g	13g
Fat, total (g)	14.9g	4.3g
- saturated (g)	2.1g	0.6g
Carbohydrate (g)	41.3g	11.9g
- sugars (g)	4.5g	1.3g
Sodium (mg)	1471mg	425mg

The quantities provided above are averages only.

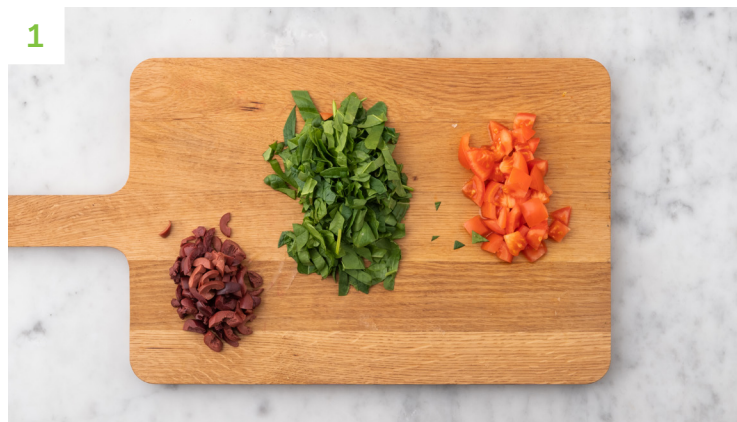
Allergens

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.

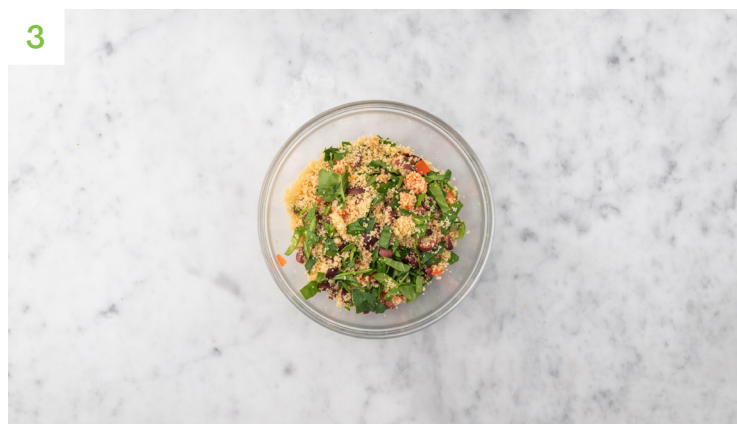
We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Boil the kettle.
- In a large bowl, add **couscous** and **chicken-style stock powder**.
- Add **boiling water (see ingredients)** and stir to combine. Immediately cover with plate and leave for **5 minutes**. Fluff up with fork and set aside.
- Meanwhile, roughly chop **tomato**, **kalamata olives** and **baby spinach leaves**. Cut **chicken tenderloin** into 2cm chunks.



Bring it all together

- Meanwhile, to the bowl with **couscous**, add **tomato**, **olives**, **spinach** and a drizzle of **white wine vinegar**. Season to taste.
- Divide **veggie couscous** between two microwave-safe containers. Top with **chicken**. Refrigerate.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken** and **chermoula spice blend**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- In the last minute of cook time, add the **honey**, tossing to combine. Season with **salt** and **pepper**.



Serve up

- When your ready for lunch, microwave chermoula chicken and couscous on high in **30 second** bursts, or until heated to your liking. Toss to combine. Top with **garlic sauce**. Enjoy!

Rate your recipe

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