

One-Pot Chicken & Couscous

with Red Pesto & Basil

Grab your Meal Kit with this symbol



Red Onion



Garlic



Capsicum



Chicken Breast



Lemon Pepper Spice Blend



Creamy Pesto Dressing



Red Pesto



Chicken Stock



Couscous




Basil



Baby Spinach Leaves

 Hands-on: 25-35 mins
Ready in: 35-45 mins

 Eat me early

Love a one-pot wonder? Well this one's for you! With succulent chicken breast, zingy lemon pepper spice blend and our flavour bomb red pesto, this is an easy-to-make, amazing-to-eat couscous recipe.

Pantry items

Olive Oil

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

Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
garlic	2 cloves	4 cloves
capsicum	1	2
chicken breast	1 small packet	1 large packet
lemon pepper spice blend	1 sachet	2 sachets
creamy pesto dressing	1 packet (50g)	1 packet (100g)
water* (for the dressing)	1 tsp	2 tsp
red pesto	1 sachet (50g)	1 sachet (100g)
water* (for the couscous)	¾ cup	1 ¼ cups
chicken stock	½ cube	1 cube
couscous	1 packet	2 packets
basil	1 punnet	1 punnet
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2962kJ (707Cal)	604kJ (144Cal)
Protein (g)	43.6g	8.9g
Fat, total (g)	36.8g	7.5g
- saturated (g)	5.2g	1.1g
Carbohydrate (g)	46.1g	9.4g
- sugars (g)	11.6g	2.4g
Sodium (mg)	681mg	139mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.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

Finely chop the **red onion** (see ingredients). Finely chop the **garlic**. Cut the **capsicum** into 2cm chunks. Cut the **chicken breast** into 2cm chunks. In a medium bowl, combine the **lemon pepper spice blend** and a drizzle of **olive oil**. Add the **chicken**, season with **salt** and **pepper**, then toss to coat. Set aside.



Brown the chicken

In a small bowl, mix the **creamy pesto dressing** and the **water (for the dressing)**.



Cook the chicken & veggies

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **chicken**, stirring, until browned, **3-4 minutes**. Transfer to a medium bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **onion** and cook, stirring, until softened, **2-3 minutes**. Add the **capsicum** and cook, tossing, until softened, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**.

TIP: The chicken will continue cooking in step 5!



Add the couscous

Return the **chicken** to the pan with the **red pesto** and stir to coat. Pour in the **water (for the couscous)** and crumble in **chicken stock** (1/2 cube for 2 people / 1 cube for 4 people). Add the **couscous** and stir to combine. Bring to the boil, cover with a lid or foil then remove from the heat. Leave until all the liquid is absorbed, **5 minutes**.



Add the greens

While the couscous is cooking, pick and thinly slice the **basil** leaves. Roughly chop the **baby spinach leaves**. Once the **couscous** is done, fluff up with a fork and stir through the **baby spinach leaves** and 1/2 the **basil**. Season to taste.



Serve up

Divide the chicken couscous between bowls. Drizzle over the creamy pesto dressing. Garnish with the remaining basil.

Enjoy!