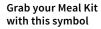


One-Pot Chicken & Couscous with Red Pesto & Basil





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.

Μ4

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

U		
	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1/2	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** 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 mediumhigh 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!