

# Quick Lemon, Garlic & Herb Chicken

with Wholemeal Couscous & Herby Mayo

Grab your Meal Kit with this symbol



Lemon



Garlic & Herb Seasoning



Chicken Tenderloins



Baby Spinach Leaves



Cherry Tomatoes



Garlic



Carrot



Currants



Chicken Stock



Wholemeal Couscous



Dill & Parsley Mayonnaise

Hands-on: 20-30 mins  
 Ready in: 25-35 mins

Eat me early

Calorie Smart

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 items

Olive Oil, Vinegar (White Wine or Red Wine)

## 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
garlic & herb seasoning	1 sachet	2 sachets
chicken tenderloins	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
cherry tomatoes	1 punnet	2 punnets
garlic	2 cloves	4 cloves
carrot	½	1
vinegar* (white wine or red wine)	½ tsp	1 tsp
water*	¾ cup	1 ½ cups
currants	½ packet	1 packet
chicken stock	1 cube	2 cubes
wholemeal couscous	1 packet	2 packets
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2430kJ (581Cal)	545kJ (130Cal)
Protein (g)	48.9g	11g
Fat, total (g)	21.3g	4.8g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	44.1g	9.9g
- sugars (g)	14.6g	9.9g
Sodium (mg)	1469mg	329mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1 Marinade the chicken

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



## 2 Get prepped

Roughly chop the **baby spinach**. Halve the **cherry tomatoes**. Finely chop the **garlic**. Grate the **carrot** (see ingredients).



## 3 Prep the cherry tomatoes

In a medium bowl, combine the **cherry tomatoes, the vinegar** and a drizzle of **olive oil**. Season.



## 4 Cook the couscous

In a medium saucepan, heat a generous drizzle of **olive oil** over a medium-high heat. Cook the **garlic and carrot** until fragrant, **2-3 minutes**. Add the **water, currants** (see ingredients) and the crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people) and bring to the boil. Add the **wholemeal couscous**. Stir to combine, cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork, add the **baby spinach leaves** and a generous squeeze of **lemon juice**. Season and gently toss to combine.



## 5 Cook the chicken

While the couscous is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. When the oil is hot, cook the **chicken** until browned and cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).

**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 cherry tomatoes and the lemon, garlic and herb chicken. Pour over any chicken resting juices and dollop over the **dill & parsley mayonnaise**. Serve with any remaining lemon wedges.

## Enjoy!