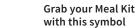


Quick One-Pan Pesto Chicken & Couscous with Veggies & Parsley

CLIMATE SUPERSTAR









Lemon Pepper Seasoning



Couscous









Baby Spinach Leaves





Chicken Breast





Red Pesto



Creamy Pesto Dressing



Prep in: 20-30 mins Ready in: 25-35 mins



This robustly-flavoured recipe comes together in just one pan, and with two kinds of pesto: our sundried tomato-based red pesto, which the lemony chicken and couscous soak up like a treat, and our creamy basil pesto dressing for the finishing touch.

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
chicken breast	1 small packet	1 large packet
lemon pepper seasoning	1 medium sachet	2 medium sachets
garlic paste	1 packet	2 packets
red pesto	1 packet (50g)	1 packet (100g)
water*	¾ cup	1 ¼ cups
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
parsley	1 bag	1 bag
creamy pesto dressing	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2788kJ (666Cal)	705kJ (168Cal)
Protein (g)	41.8g	10.6g
Fat, total (g)	34.6g	8.8g
- saturated (g)	4.3g	1.1g
Carbohydrate (g)	44.7g	11.3g
- sugars (g)	9.6g	2.4g
Sodium (mg)	884mg	224mg

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.



Get prepped

- Thinly slice carrot into half-moons.
- · Cut chicken breast into 2cm chunks.



Add the couscous

- Return chicken to pan, then add red pesto, stirring to coat. Add the water, couscous and chicken-style stock powder. Stir to combine.
- Bring to the boil, cover with a lid, then remove from heat. Set aside until liquid is absorbed and chicken is cooked through, **5 minutes**.
- When the couscous is ready, fluff up with a fork. Stir through baby spinach leaves until wilted. Season with salt and pepper to taste.

TIP: Chicken is cooked through when it's no longer pink inside.



Cook the chicken & veggies

- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is
 hot, cook chicken and lemon pepper seasoning, stirring occasionally, until
 browned, 3-4 minutes (it will finish cooking in step 3!). Transfer to a bowl.
- Return frying pan to medium-high heat with a drizzle of olive oil. Cook carrot, stirring occasionally, until softened, 3-4 minutes. Add garlic paste and cook until fragrant, 1 minute.

TIP: The seasoning will char in the pan, this adds to the flavour!



Serve up

- Roughly chop parsley leaves.
- Divide pesto chicken and couscous between bowls.
- Drizzle with **creamy pesto dressing**. Garnish with parsley to serve. Enjoy!



