



# Quick One-Pan Pesto Chicken & Couscous

with Veggies & Parsley

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Lemon Pepper Seasoning



Couscous



Chicken-Style Stock Powder



Baby Spinach Leaves



Parsley



Chicken Breast



Garlic Paste



Red Pesto



Creamy Pesto Dressing

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

Eat Me Early

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         |
|----------------------------|-----------------|------------------|
| <b>olive oil*</b>          | 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)  |
| <b>water*</b>              | 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](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.

1



## Get prepped

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

3



## 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.

2



## 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!

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

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