

Garlic & Herb Chicken & Veggie Couscous

with Lemon Yoghurt & Mint

Grab your Meal Kit with this symbol



Carrot



Garlic



Tomato



Cucumber



Baby Spinach Leaves



Lemon



Mint



Chicken Stock



Couscous



Garlic & Herb Seasoning



Chicken Tenderloins



Greek-Style Yoghurt

Hands-on: 30-40 mins
 Ready in: 30-40 mins

Eat me early

Calorie Smart

Zesty! Herby! Creamy! This Mediterranean-inspired meal features lemon, garlic and herbs in an easy marinade for tender chicken tenderloins, while carrot and mint bring colour and flavour to couscous.

Pantry items

Olive Oil, Butter, Plain Flour

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	½	1
garlic	2 cloves	4 cloves
tomato	1	2
cucumber	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
mint	1 bunch	1 bunch
butter*	20g	40g
water*	¾ cup	1½ cups
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets
plain flour*	1 tsp	2 tsp
garlic & herb seasoning	1 sachet	2 sachets
chicken tenderloins	1 small packet	1 large packet
Greek-style yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2326kJ (555Cal)	451kJ (107Cal)
Protein (g)	51g	9.9g
Fat, total (g)	14.2g	2.8g
- saturated (g)	7.9g	1.5g
Carbohydrate (g)	50.6g	9.8g
- sugars (g)	13.3g	2.6g
Sodium (mg)	998mg	194mg

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

Grate the **carrot** (see ingredients). Finely chop the **garlic**. Roughly chop the **tomato** and **cucumber**. Roughly chop the **baby spinach leaves**. Zest the **lemon** to get a pinch, then slice into wedges. Pick and roughly chop the **mint** leaves.



Cook the chicken

Heat a drizzle of **olive oil** in a large frying pan over a high heat. Cook the **chicken** in batches, tossing occasionally, until browned and cooked through, **3-4 minutes**.

TIP: *The chicken is cooked through when it's no longer pink inside.*



Start the veggie couscous

Melt the **butter** with a drizzle of **olive oil** in a medium saucepan over a medium-high heat. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water** and crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people). Bring to the boil. Add the **couscous**, stir to combine then cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**.



Make the lemon yoghurt

While the chicken is cooking, fluff up the **couscous** with a fork and set aside, uncovered to cool slightly. In a small bowl, combine the **Greek-style yoghurt**, **lemon zest** and a generous squeeze of **lemon juice**. Set aside. Add the **tomato**, **cucumber**, **baby spinach**, a squeeze of **lemon juice** and 1/2 the **mint** to the couscous. Season to taste.



Prep the chicken

In a large bowl combine the **plain flour** and **garlic & herb seasoning**. Add the **chicken tenderloins** and toss to coat.



Serve up

Divide the veggie couscous and garlic and herb chicken between plates. Garnish with the remaining mint and top with the lemon yoghurt. Serve with the remaining lemon wedges.

Enjoy!