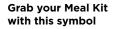


Garlicky Chicken & Carrot Couscous

with Lemon Yoghurt & Mint

















Baby Spinach Leaves







Chicken Stock







Couscous

Garlic & Herb Seasoning





Chicken Tenderloin

Greek Yoghurt



Hands-on: 30 mins Ready in: 30 mins



Eat me early

This colourful bowl is guaranteed to be a new family favourite. Our garlic and herb seasoning gives chicken loads of flavour, while the carrot couscous, tangy yoghurt and refreshing mint ties it all together.

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

	4 People
olive oil*	refer to method
carrot	1
garlic	3 cloves
tomato	2
cucumber	2
baby spinach leaves	1 bag (30g)
lemon	1
mint	1 bunch
butter*	40g
water*	1½ cups
chicken stock	2 cubes
couscous	2 packets
plain flour*	2 tsp
garlic & herb seasoning	2 sachets
chicken tenderloin	1 packet
Greek yoghurt	1 packet (200g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2416kJ (577Cal)	478kJ (114 Cal)
Protein (g)	50.9g	10.1g
Fat, total (g)	16.7g	3.3g
- saturated (g)	8.3g	1.6g
Carbohydrate (g)	50.7g	10g
- sugars (g)	13.3g	2.6g
Sodium (mg)	992mg	196mg

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.



1. Get prepped

Grate the carrot (unpeeled). Finely chop the garlic (or use a garlic press). Roughly chop the tomato and cucumber. Roughly chop the baby spinach leaves. Zest the lemon then slice into wedges. Pick and roughly chop the mint leaves.



2. Make the carrot 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. 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.



3. Prep the chicken

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



4. Cook the chicken

In a large frying pan, heat a drizzle of olive oil over a high heat. Add 1/2 the chicken and cook, tossing occasionally, until browned and cooked through, **3-4 minutes**. Transfer to a plate and repeat with the remaining chicken.

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



5. Make the lemon yoghurt

While the chicken is cooking, remove the lid from the couscous and allow to cool a little. In a small bowl, combine the Greek yoghurt, lemon zest and a generous squeeze of lemon juice. Season to taste with **salt** and **pepper**. In a large bowl, combine the carrot couscous, tomato, cucumber, baby spinach, a squeeze of lemon juice and 1/2 the mint. Season to taste with salt and pepper.



6. Serve up

Divide the carrot couscous salad and garlicky chicken between plates. Garnish with the remaining mint and dollop over the lemon yoghurt. Serve with the remaining lemon wedges.

Enjoy!