




Garlicky Chicken & Carrot 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 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!