



Middle Eastern Chicken Couscous Bowl

with Tahini Dressing

Grab your Meal Kit
with this symbol



Couscous



Currants



Chicken Tenderloins



Chermoula
Spice Blend



Cucumber



Tomato



Mint



Tahini



Hands-on: **10 mins**
Ready in: **15 mins**



Calorie Smart



Eat me early

You'd think a gourmet salad like this takes loads of time and effort to make, but it's ready in only 15 minutes! Low-fuss and high on flavour, this salad can be prepped the day before or made on the spot for an instant meal.

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

Ingredients

	2 People
olive oil*	refer to method
couscous	1 packet
currants	1 packet
salt*	¼ tsp
boiling water*	¾ cup
chicken tenderloins	1 packet
chermoula spice blend	1 sachet
cucumber	1
tomato	1
mint	1 bunch
tahini	1 tub

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2212kJ (528Cal)	526kJ (125Cal)
Protein (g)	51.8g	12.3g
Fat, total (g)	12.5g	3g
- saturated (g)	7.8g	1.9g
Carbohydrate (g)	49.3g	11.7g
- sugars (g)	13.1g	3.1g
Sodium (mg)	955mg	227mg

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.

1



Make the couscous

Boil a kettle of water. In a medium bowl, combine the **couscous**, **currants** and the **salt**. Add 3/4 cup **boiling water** and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside, uncovered.

2



Cook the chicken

Meanwhile, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **chicken tenderloins** and **chermoula spice blend** and season with **salt** and **pepper**. Cook, tossing occasionally, until browned and cooked through, **3-4 minutes**. Remove from the heat.

3



Get prepped & pack

While the chicken is cooking, roughly chop the **cucumber**, **tomato** and **mint**. When you're ready to pack your lunch, stir the **cucumber**, **tomato** and **mint** through the **couscous**. Season. Divide the **couscous** and **tahini** between two microwavable containers and top with the **chermoula chicken**.

4



Serve up

At lunch, remove the chicken from the couscous and heat in the microwave until piping hot, **1-2 minutes**. Top the couscous with the chicken to serve.

Enjoy!