



One-Pan Pesto Chicken & Veggie Couscous

with Garlic Yoghurt

Grab your Meal Kit with this symbol



Garlic



Cherry Tomatoes



Baby Spinach Leaves



Lemon



Chicken Breast



Greek Yoghurt



Chicken Stock



Couscous



Basil Pesto



Hands-on: 10-20 mins
Ready in: 25-35 mins



Low Calorie



Eat me early

With minimal washing up and maximum flavour, this one's a keeper. Easy tricks like adding tomato, spinach and lemon to couscous, tossing seared chicken with pesto and flavouring yoghurt with garlic are the secret to this winning dinner.

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 (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
cherry tomatoes	1 punnet	2 punnets
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
chicken breast	1 small packet	1 large packet
Greek yoghurt	1 packet (100g)	2 packets (200g)
water*	¾ cup	1½ cup
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets
basil pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2124kJ (507Cal)	477kJ (114Cal)
Protein (g)	42.5g	9.6g
Fat, total (g)	16.7g	3.8g
- saturated (g)	4.9g	1.1g
Carbohydrate (g)	42.6g	9.6g
- sugars (g)	8.5g	1.9g
Sodium (mg)	600mg	135mg

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

Finely chop the **garlic** (or use a garlic press). Halve the **cherry tomatoes**. Roughly chop the **baby spinach leaves**. Zest the **lemon** to get a **good pinch**, then slice into wedges. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



2. Make the garlic yoghurt

In a large frying pan, heat **olive oil (2 tsp for 2 people / 1 tbs for 4 people)** and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek yoghurt** to the **garlic oil** mixture and combine. Season to taste with **salt** and **pepper**.



3. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a medium bowl and cover to keep warm.

TIP: If your pan is getting crowded, cook in batches for best results!

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



4. Cook the couscous

Return the frying pan to a medium-high heat. Add the **water** and crumbled **chicken stock (1 cube for 2 people / 2 cubes for 4 people)** and bring to the boil. Add the **couscous** and a **drizzle of olive oil**. Stir to combine, then cover with a lid or foil and remove from the heat. Set aside until all the **water** is absorbed, **5 minutes**.



5. Add the veggies

Fluff up the **couscous** with a fork, then stir through the **cherry tomatoes**, **baby spinach**, **lemon zest**, a **good squeeze** of **lemon juice** and a **pinch** of **salt** and **pepper**.



6. Serve up

Thinly slice the chicken then return to the bowl. Add the **basil pesto**, toss to combine and season to taste. Divide the veggie couscous between bowls and top with the pesto chicken. Dollop over the garlic yoghurt.

Enjoy!