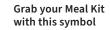


Easy Garlic-Honey Chicken with Israeli Couscous Salad & Dill-Parsley Mayo









Cherry Tomatoes



Pearl Couscous





Stock Powder



Garlic & Herb



Seasoning







Baby Spinach Leaves

Dill & Parsley Mayonnaise

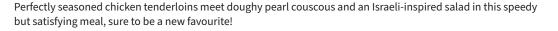


Hands-on: 15-25 mins Ready in: 20-30 mins

Calorie Smart



Eat Me Early





Olive Oil, Honey, White Wine Vinegar

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 · Large frying pan

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
cucumber	1	2	
cherry tomatoes	1 punnet	2 punnets	
pearl couscous	1 packet	2 packets	
boiling water*	1¼ cups	2½ cups	
chicken-style stock powder	1 medium sachet	1 large sachet	
garlic & herb seasoning	1 sachet	2 sachets	
chicken tenderloins	1 small packet	1 large packet	
honey*	1 tsp	2 tsp	
baby spinach leaves	1 small bag (30g)	1 medium bag (60g)	
white wine vinegar*	drizzle	drizzle	
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)	

^{*}Pantry Items

Nutrition

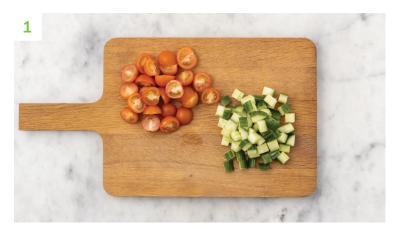
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2330kJ (557Cal)	523kJ (125Cal)
Protein (g)	46.9g	10.5g
Fat, total (g)	20.3g	4.6g
- saturated (g)	2.4g	0.5g
Carbohydrate (g)	46.3g	10.4g
- sugars (g)	10.4g	10.4g
Sodium (mg)	1186mg	266mg

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.



Get prepped

- · Boil the kettle.
- Roughly chop cucumber. Halve cherry tomatoes.



Flavour & cook the chicken

- Meanwhile, in a medium bowl, combine garlic & herb seasoning with a drizzle of olive oil. Add chicken tenderloins, turning to coat.
- In a large frying pan, heat a drizzle of olive oil over a medium-high heat.
 Cook chicken until browned and cooked through, 3-4 minutes each side.
- Remove pan from heat. Add **honey**, turning to coat.

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



Cook the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat.
- Add pearl couscous and toast, stirring occasionally, until golden,
 1-2 minutes. Add the boiling water and chicken-style stock powder.
- Reduce heat to medium and simmer, stirring occasionally, until couscous is tender and water is absorbed, 10-12 minutes. Transfer to a large bowl.



Serve up

- Add cucumber, cherry tomatoes and baby spinach leaves to the couscous.
 Drizzle with white wine vinegar and olive oil, tossing to coat.
- Divide Israeli couscous salad between plates. Top with garlic-honey chicken.
 Serve drizzled with dill & parsley mayonnaise.

Enjoy!

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