



# Easy Garlic-Honey Chicken

with Israeli Couscous Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Cucumber



Cherry Tomatoes



Pearl Couscous



Chicken-Style Stock Powder



Garlic & Herb Seasoning



Chicken Tenderloins



Baby Spinach Leaves



Dill & Parsley Mayonnaise



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



Eat Me Early



Calorie Smart

Perfectly seasoned chicken tenderloins meet doughy pearl couscous and an Israeli-inspired salad in this speedy but satisfying meal, sure to be a new favourite!

### Pantry items

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

	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](https://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

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

3



## 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.

2



## 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.

4



## 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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