



Spiced Chicken Strips & Roast Veggie Couscous

with Creamy Dill & Parsley Dressing

Grab your Meal Kit
with this symbol



Kumara



Parsnip



Beetroot



Garlic



Baby Spinach
Leaves



Mint



Aussie Spice
Blend



Chicken Breast
Strips



Chicken-Style Stock
Powder



Couscous



Flaked Almonds



Dill & Parsley
Mayonnaise

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Eat me early

Colourful, nutritious and flavoursome - these are just a few of the ways we can describe this amazing veggie-loaded couscous. Topped with lightly spiced chicken and herbed yoghurt, your insides will love it just as much as your tastebuds do.

Pantry items

Olive Oil, Butter

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
parsnip	1	2
beetroot	1	2
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
mint	1 bunch	1 bunch
Aussie spice blend	1 sachet	1 sachet
chicken breast strips	1 packet	1 packet
butter*	15g	30g
water* (for the couscous)	¾ cup	1½ cups
chicken-style stock powder	1 sachet	1 sachet
couscous	1 packet	2 packets
flaked almonds	1 packet	2 packets
dill & parsley mayonnaise	1 packet (100g)	2 packets (200g)
water* (for the dressing)	1 tsp	2 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3770kJ (899Cal)	769kJ (184Cal)
Protein (g)	47.0g	9.6g
Fat, total (g)	50.0g	10.2g
- saturated (g)	9.9g	2.0g
Carbohydrate (g)	65.3g	13.3g
- sugars (g)	15.9g	3.3g
Sodium (mg)	748mg	153mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara, parsnip** and **beetroot** (all unpeeled) into 1cm chunks. Place the **kumara, parsnip, beetroot** and a drizzle of **olive oil** on an oven tray lined with baking paper. Season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

TIP: If your oven tray is crowded, divide between two trays.

4



Cook the chicken

While the couscous is cooking, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken**, tossing, until browned and cooked through, **3-4 minutes**. Remove from the heat.

TIP: Don't worry if your chicken gets a little charred during cooking, it adds to the flavour!

2



Get prepped

While the veggies are roasting, finely chop the **garlic**. Roughly chop the **baby spinach leaves**. Pick and roughly chop the **mint** leaves. In a medium bowl, combine the **Aussie spice blend** with a good drizzle of **olive oil**. Add the **chicken breast strips** and toss to coat. Set aside.

3



Cook the couscous

In a medium saucepan, melt the **butter** and a small drizzle of **olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and the **chicken-style stock powder** and bring to the boil. Add the **couscous**, stir, then cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork, then add the **mint** (reserve a little for garnish) and season with **pepper**.

5



Make the dressing

While the chicken is cooking, combine the **dill & parsley mayonnaise** and **water (for the dressing)** in a small bowl.

6



Serve up

Stir the roasted veggies and baby spinach through the couscous, then divide between bowls. Top with the spiced chicken strips and drizzle with the creamy dill and parsley dressing. Garnish with the toasted almonds and reserved mint.

Enjoy!