



# Lemon Pepper Chicken Strips

with Couscous & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Lemon



Lemon Pepper Spice Blend



Chicken Breast Strips



Carrot



Leek



Radish



Garlic



Flaked Almonds



Currants



Chicken-Style Stock Powder



Couscous



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Hands-on: 25-35 mins  
Ready in: 35-45 mins



Eat Me Early



Calorie Smart

Zesty! Herby! Creamy! This Mediterranean-inspired meal features lemon, garlic and herbs in an easy marinade for chicken breast strips, while currants and carrot bring colour and flavour to the fluffy couscous.

### Pantry items

Olive Oil, Balsamic 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

Large frying pan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
lemon pepper spice blend	2 sachets	4 sachets
chicken breast strips	1 packet	1 packet
carrot	1	2
leek	1	2
radish	1	2
garlic	1 clove	2 cloves
flaked almonds	1 packet	2 packets
water*	¾ cup	1½ cups
currants	½ packet	1 packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2582kJ (617Cal)	629kJ (150Cal)
Protein (g)	39.4g	9.6g
Fat, total (g)	27.4g	6.7g
- saturated (g)	4g	1g
Carbohydrate (g)	50.8g	12.4g
- sugars (g)	13.3g	3.2g
Sodium (mg)	1182mg	288mg

The quantities provided above are averages only.

## Allergens

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

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



## Flavour the chicken

Zest the **lemon** to get a pinch, then slice into wedges. In a large bowl, combine the **lemon pepper spice blend**, **lemon zest**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Add the **chicken breast strips**, season with **salt** and **pepper** and toss to coat. Set aside.



## Cook the couscous

In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **leek** until softened, **3 minutes**. Add the **water**, **currants** (see ingredients) and the **chicken-style stock powder** and bring to the boil. Add the **couscous**, stir to combine, 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 a generous squeeze of **lemon juice** and season.



## Get prepped

Grate the **carrot**. Thinly slice the **leek** and **radish**. Finely chop the **garlic**.



## Cook the chicken

While the couscous is cooking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken** in batches until browned and cooked through, **3-4 minutes** each side.

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



## Toast the almonds

Heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



## Serve up

In a medium bowl, combine the **balsamic vinegar** and a drizzle of olive oil. Add the **radish** and **mixed salad leaves**, season to taste and toss to coat. Divide the carrot couscous and radish salad between plates. Top with the **lemon pepper chicken strips**. Spoon over the **dill & parsley mayonnaise**. Sprinkle with the **toasted almonds**. Serve with any remaining **lemon wedges**.

## Enjoy!