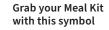


Lemon Pepper Chicken Strips with Couscous & Dill-Parsley Mayo









Lemon



Spice Blend



Chicken Breast



Carrot









Flaked Almonds



Currants



Chicken-Style Stock Powder



Couscous



Leaves



Dill & Parsley Mayonnaise

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
lemon	1/2	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)	
*0			

^{*}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 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.



Get prepped

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



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.



Cook the couscous

and season.

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



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!



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!