



# Quick Mediterranean Honey Chicken

with Israeli Couscous & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Cucumber



Tomato



Israeli Couscous



Chicken-Style Stock Powder



Aussie Spice Blend



Chicken Breast Strips



Baby Spinach Leaves



Dill & Parsley Mayonnaise



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



Eat Me Early



Calorie Smart

Who doesn't love the signature combo of honey and succulent chicken. With tender pearls of Israeli couscous to soak up all the flavour and a herby hit of dill-parsley mayonnaise, it'll make for a meal that you won't be able to resist!

### 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 (medium)	1 (large)
tomato	1	2
Israeli couscous	1 packet	2 packets
boiling water*	1¼ cups	2½ cups
chicken-style stock powder	1 sachet (10g)	2 sachets (20g)
Aussie spice blend	1 sachet	1 sachet
chicken breast strips	1 packet	1 packet
honey*	1 tsp	2 tsp
baby spinach leaves	1 bag (30g)	1 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)	2282kJ (545Cal)	594kJ (142Cal)
Protein (g)	36.4g	9.5g
Fat, total (g)	25.4g	6.6g
- saturated (g)	3.9g	1g
Carbohydrate (g)	43.1g	11.2g
- sugars (g)	6.7g	1.7g
Sodium (mg)	1666mg	434mg

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.



## Cook the Israeli couscous

- Boil a kettle of **water**. Roughly chop **cucumber** and **tomato**.
- In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Add **Israeli couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add **boiling water** (1 1/4 cups for 2 people / 2 1/2 cups for 4 people) and **chicken-style stock powder**.
- Reduce the heat to medium and simmer, stirring occasionally, until couscous is tender and water has been absorbed, **10-12 minutes**. Transfer to a large bowl.



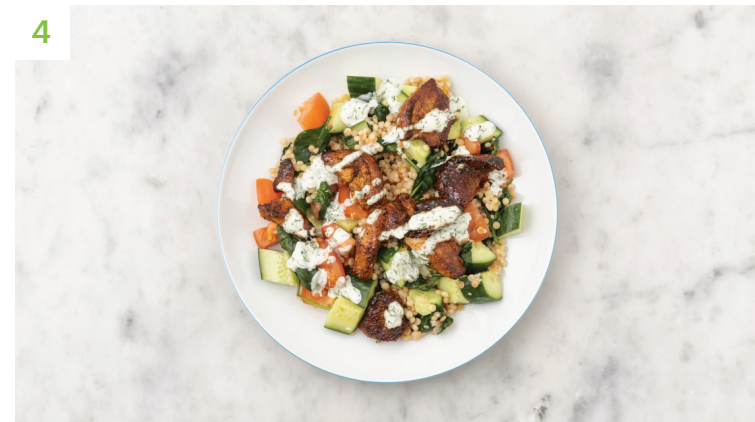
## Bring it all together

- Add **tomato**, **cucumber**, **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil** to **couscous**. Toss to coat.



## Cook the chicken

- While couscous is cooking, combine **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl. Add **chicken breast strips** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **chicken**, tossing occasionally, until browned and cooked through, **3-4 minutes** each side. Remove from heat, then add **honey** and toss to coat.



## Serve up

- Divide Israeli couscous salad between bowls.
- Top with Mediterranean honey chicken.
- Drizzle over **dill & parsley mayonnaise**.

## Enjoy!