



More Than Food
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Milly's Herby Chicken with Couscous and Oven Ratatouille

Have you heard of Milly? She used to be our supply chain intern and she was an AMAZING cook. She'd always wanted to do a really authentic French recipe. Every now and then she'd give Mimi lots of ideas on French cooking and recipes. That's how Milly's herby chicken was born - and we're not being biased when we say that it's délicieux! She's going to be so happy to have a recipe in your box - she might cry with joy when it goes out. Enjoy this one from our dear Milly!

40 mins

healthy

lactose free



Red Onion (1)



Garlic Clove (1)



Courgette (1)



Red Pepper (1)



Vine Tomato (2)



Provençal Herbs
(½ tbsp)



Chicken Breast (2)



Chicken Stock Pot (½)



Couscous (¾ cup)

Ingredients

2 PEOPLE ALLERGENS

Red Onion, chopped	1	
Garlic Clove, chopped	1	
Courgette, sliced	1	
Red Pepper, chopped	1	
Vine Tomato, chopped	2	
Provençal Herbs	½ tbsp	
Chicken Breast	2	
Chicken Stock Pot	½	
Couscous	¾ cup	Gluten

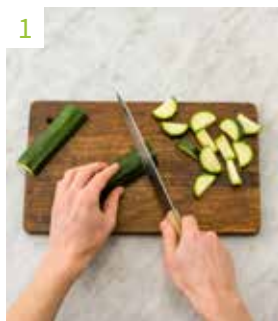
 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Chickens can distinguish between more than 100 faces of members of their species – who knew that their memories rival those of

Nutrition per serving: Calories: 448 kcal | Protein: 35 g | Carbs: 52 g | Fat: 11 g | Saturated Fat: 3 g

1



1 Pre-heat your oven to 180 degrees. Peel and chop the **red onion** into 1½cm chunks and peel and chop the **garlic clove**. Cut the **courgette** in half lengthways then slice into half moons about 1cm thick. Remove the core from the **pepper** and chop it into roughly 2cm chunks. Chop each of the **tomatoes** into roughly eight pieces.

2



2 Pop the veggies and half the **garlic** on a baking tray, drizzle over 2 tbsp of **oil**, ¼ tsp of **salt** and a good grind of **pepper**. Give the tray a good shake to make sure everything has a coating of **oil** and **herbs**.

3



3 Put the rest of the chopped **garlic** in a bowl with the **provençal herbs** and 1 tbsp of **oil**. Cut three slashes in the skin of the **chicken breasts** and add them to the garlicky herby bowl. Move them around so that the **chicken** gets a good coating of the mixture, then place the **chicken** on top of the veggies on the baking tray.

4



4 Sprinkle a pinch of **salt** and a good grind of **pepper** over the **chicken** and put the tray in the oven to cook for 30 mins. In the last 10 mins of cooking, add 50ml of **water** to the baking tray and pop back in the oven.

5 Put 300ml of water in a pot on medium heat with half the **chicken stock pot**. Once it comes to the boil add in the **couscous**. Cover the pot with a tightly fitting lid, take this off the heat and leave to the side until the rest of the meal is ready.

6 When the **couscous** is ready, fluff it up with a fork. When the **chicken** is cooked, put it on a chopping board and cut into roughly 2cm slices. Serve the **couscous** in bowls with the veggies and the slices of **chicken** arranged on top. Enjoy!