



Chicken in Smashed Tomato Sauce with Cheese and Pesto Couscous

Quick 20 Minutes

16



Garlic Clove



Chicken Stock Paste



Couscous



Diced Chicken Thigh



Baby Plum Tomatoes



Balsamic Glaze



Fresh Pesto



Greek Style Salad Cheese



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	4	6	8
Chicken Stock Paste	20g	30g	40g
Couscous 13	120g	180g	240g
Diced Chicken Thigh**	260g	390g	520g
Baby Plum Tomatoes	125g	190g	250g
Balsamic Glaze 14	12ml	18ml	24ml
Fresh Pesto** 7	32g	48g	64g
Greek Style Salad Cheese** 7	50g	75g	100g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	484g	100g	484g	100g
Energy (kJ/kcal)	2746 /656	568 /136	2485 /594	514 /123
Fat (g)	30.4	6.3	20.3	4.2
Sat. Fat (g)	11.7	2.4	8.7	1.8
Carbohydrate (g)	53.1	11.0	52.9	10.9
Sugars (g)	8.9	1.8	8.9	1.8
Protein (g)	42.5	8.8	45.3	9.4
Salt (g)	3.11	0.64	3.04	0.63

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Start the Prep

- Peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a medium saucepan on medium-high heat.



Smash the Tomatoes

- Stir the remaining **garlic** and the **balsamic glaze** into the pan until combined.
- Carefully squish the **tomatoes** until they burst, then add the remaining **chicken stock paste**, the **sugar** and **water for the sauce** (see pantry for both amounts).



Couscous Time

- Once the **oil** is hot, add **half** the **garlic** and cook for 30 secs.
- Pour in the **water for the couscous** (see pantry for amount) and **half** the **chicken stock paste**. Bring to the boil.
- When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pan.
- Leave to the side for 8-10 mins or until ready to serve.



Simmer your Sauce

- Bring the **sauce** to a simmer and reduce until slightly thickened, 3-4 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*
- Once thickened, remove from the heat and vigorously stir in the **butter** (see pantry for amount) and **half** the **pesto**.
- Taste and season with **salt** and **pepper**.



Get Frying

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and **baby plum tomatoes**. Season with **salt** and **pepper**.
- Fry until the **chicken** is golden brown on the outside, 5-6 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Finish and Serve

- Stir the remaining **pesto** through the **couscous** and fluff it up with a fork.
- Share the **pesto couscous** between your bowls, then top with the **chicken and smashed tomato sauce**.
- Crumble the **Greek style salad cheese** over the top to finish.

Enjoy!