



Peri Peri Chicken and Couscous Bowl with Peas and Cheddar Cheese

Calorie Smart 20 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories

24



Couscous



Peas



Chicken Stock Paste



Diced Chicken Thigh



Garlic Clove



Mature Cheddar
Cheese



Peri Peri Seasoning



Tomato Passata



Red Pepper
Chilli Jelly



Diced Chicken
Breast

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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

Kettle, bowl, cling film, frying pan, garlic press and grater.

Ingredients

Ingredients	2P	3P	4P
Couscous 13)	120g	180g	240g
Peas**	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
Diced Chicken Thigh**	260g	390g	520g
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	40g	60g
Peri Peri Seasoning	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Pepper Chilli Jelly	25g	37g	50g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Boiled Water for the Couscous*	240ml	360ml	480ml
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	400g	100g	400g	100g
Energy (kJ/kcal)	2629 / 628	657 / 157	2368 / 566	592 / 141
Fat (g)	20.9	5.2	10.8	2.7
Sat. Fat (g)	7.7	1.9	4.7	1.2
Carbohydrate (g)	65.8	16.4	65.6	16.4
Sugars (g)	17.3	4.3	17.3	4.3
Protein (g)	46.5	11.6	49.3	12.3
Salt (g)	3.16	0.79	3.09	0.77

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk 13) Cereals containing gluten

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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60 Worship St, London EC2A 2EZ

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Get the Couscous on

- Boil a full kettle.
- Put the **couscous** in a large bowl. Pour in the **boiled water for the couscous** (see pantry for amount), stir in the **peas** and **half the chicken stock paste**, then cover tightly with cling film.
- Leave to the side for 10 mins or until ready to serve.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**.
- Cook until browned all over, 5-6 mins. Turn occasionally. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*
- In the meantime, peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.

CUSTOM RECIPE

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



Bring on the Sauce

- Stir in the **passata**, **water for the sauce** (see pantry for amount) and remaining **chicken stock paste**.
- Bring the **sauce** to the boil, stir and lower the heat so it simmers gently. Simmer until the **chicken** is cooked through, 3-4 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Chilli Jam Time

- Once the **chicken** is cooked through, stir in the **red pepper chilli jelly**.
- Season with **salt** and **pepper** and remove from the heat.



Add the Spicy Flavour

- Once the **chicken** has browned, add the **garlic** and **peri peri seasoning**, fry for 1 min.



Serve

- Fluff up the **couscous** with a fork then share it out between your serving bowls.
- Spoon over the **peri peri chicken** and sprinkle over the **cheese** to finish.

Enjoy!



Weight Watchers