



# ONE-PAN PESTO CHICKEN & VEGGIE COUSCOUS

with Garlic Yoghurt



Make a garlic yoghurt!



Garlic



Green Beans



Capsicum



Baby Spinach Leaves



Lemon



Chicken Breast



Greek Yoghurt



Chicken Stock



Couscous



Basil Pesto

Hands-on: **20-30 mins**  
Ready in: **35-45 mins**

Eat me early

With minimal washing up and maximum flavour, this one's a keeper. Easy tricks like adding capsicum, spinach and lemon to couscous, tossing seared chicken with pesto and flavouring yoghurt with garlic are the secrets to this winning dinner.

**Pantry Staples:** Olive Oil

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan** with a **lid** (or **foil**)



### 1 GET PREPPED

Finely chop the **garlic** (or use a garlic press). Trim and halve the **green beans**. Roughly chop the **capsicum**. Roughly chop the **baby spinach leaves**. Zest the **lemon** (see ingredients list) to get a **good pinch**, then slice into wedges. Place your hand flat on top of the **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



### 2 MAKE THE GARLIC YOGHURT

In a large frying pan, heat **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**) and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl and allow to cool for **5 minutes**. Add the **Greek yoghurt** to the **garlic oil mixture** and whisk to combine. Season to taste with **salt** and **pepper**.



### 3 COOK THE CHICKEN

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **chicken steaks** and cook until cooked through, **3-5 minutes** each side (depending on thickness). **TIP:** *The chicken is cooked when it is no longer pink inside.* Transfer to a plate and cover to keep warm.



### 4 COOK THE COUSCOUS

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **green beans** and **capsicum** and cook until tender, **4-5 minutes**. Add the **water** and crumbled **chicken stock** and bring to the boil. Add the **couscous** and a **drizzle of olive oil**. Stir to combine, cover with a lid or foil and remove from the heat. Set aside until all the water is absorbed, **5 minutes**.



### 5 ADD THE VEGGIES

Fluff up **couscous** with a fork and stir through the **baby spinach**, **lemon zest**, a **good squeeze** of **lemon juice** and a **pinch** of **salt** and **pepper**. Thinly slice the **chicken** and place in a large bowl with the **basil pesto** and any resting juices. Toss to combine, then season to taste.



### 6 SERVE UP

Divide the veggie couscous between bowls and top with the pesto chicken. Dollop over the **garlic yoghurt**.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
green beans	1 bag (100g)	1 bag (200g)
capsicum	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
chicken breast	1 packet	1 packet
Greek yoghurt	1 packet (150g)	2 packets (300g)
water*	¾ cup	1½ cups
chicken stock	1 sachet	2 cubes
couscous	1 packet	2 packets
basil pesto	1 packet (50g)	1 packet (100g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2600kJ (622Cal)	599kJ (143Cal)
Protein (g)	47.5g	10.9g
Fat, total (g)	26.0g	6.0g
- saturated (g)	6.1g	1.4g
Carbohydrate (g)	46.4g	10.7g
- sugars (g)	8.8g	2.0g
Sodium (g)	245mg	56mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

2020 | WK05

HelloFRESH