



Chicken and Tahini Bowl

with lemony couscous and cooling cucumber

Calorie Smart 20 – 25 mins • Optional spice

16



Diced Chicken Breast



Parsley



Lemon



Dried Chilli Flakes



Yoghurt



Cucumber



Carrot



Couscous



Cherry Tomatoes



Soy Sauce



Garlic



Tahini

Pantry Items: Water, Oil, Pepper, Salt



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, zester

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Parsley	5 g	10 g
Lemon	1 unit	2 units
Dried Chilli Flakes	1 sachet	2 sachets
Yoghurt	75 g	150 g
Cucumber	1 unit	2 units
Carrot	1 unit	2 units
Couscous	100 g	250 g
Cherry Tomatoes	125 g	250 g
Soy Sauce	1 sachet	2 sachets
Garlic	1 unit	2 units
Tahini	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	518.6 g	100 g
Energy (kJ/kcal)	2506.2 kJ/ 599 kcal	483.3 kJ/ 115.5 kcal
Fat (g)	20.5 g	4 g
Sat. Fat (g)	4.2 g	0.8 g
Carbohydrate (g)	60.2 g	11.6 g
Sugars (g)	11.8 g	2.3 g
Protein (g)	59.1 g	11.4 g
Salt (g)	2.8 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

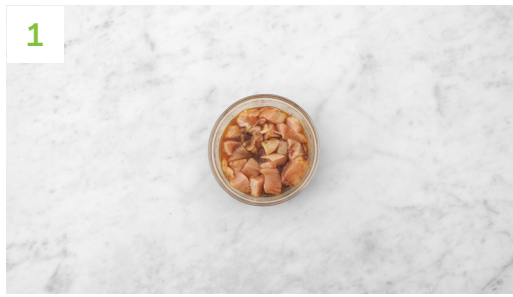
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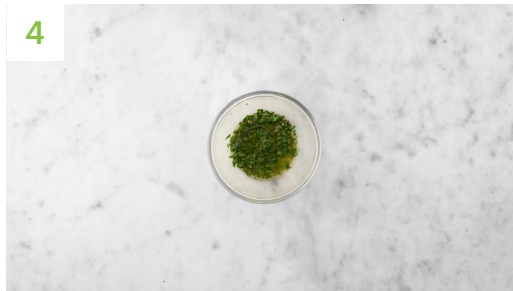
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Marinate the Chicken

- Place the **chicken** in a bowl. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Add the **soy sauce**, toss to coat, then leave aside to marinate.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



Make the Garnish

- Meanwhile, mix a drizzle of **oil** with the juice of **half** the **lemon** wedges in a large bowl.
- Add the **chilli flakes** (use less if you don't like spice), **garlic** and chopped **parsley**.
- Stir to combine and season to taste with **salt** and **pepper**.

TIP: Use a blender if you'd like a smoother consistency.



Get Prepped

- Trim the **cucumber**, quarter lengthways then chop widthways into small pieces.
- Add the **cucumber** to a bowl along with the **tahini** and **yoghurt**. Season to taste with **salt** and **pepper**.
- Peel and grate the **garlic** (or use a garlic press). Trim the **carrot** then coarsely grate (no need to peel).
- Halve the **cherry tomatoes**.
- Finely chop the **parsley** (stalks and all).



Fry the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **chicken** and season with **salt** and **pepper**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Cook the Couscous

- Zest and quarter the **lemon**.
- Add the **couscous**, **lemon** zest and ¼ tsp **salt** (double for 4p) to a medium bowl.
- Pour in 200ml boiling **water** (500ml for 4p).
- Give it a stir, cover with a plate or cling film and leave aside for 10 mins (or until ready to serve).
- Once ready, stir the grated **carrot** through the **couscous**. Season to taste with **salt** and **pepper**.



Finish and Serve

- When everything's ready, fluff up the **couscous** with a fork and divide between bowls.
- Top with **tomatoes** and cooling **cucumber**.
- Finish with the diced **chicken** and a drizzle of the chimichurri sauce.
- Serve with remaining **lemon** wedges on the side for squeezing over.

Enjoy!