



HELLO
FRESH

Tex-Mex Style Smoky Chicken Couscous Bowl

with Soured Cream and Rocket

High Protein

Preparation time : 10 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/tex-mex-style-smoky-chicken-couscous-bowl-49>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Bowl, Kettle, Cling Film, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Bell Pepper (unit(s))	1	2	2
Couscous (grams)	120	180	240
Chicken Stock Paste (grams)	20	30	40
Diced British Chicken Breast (grams)	240	390	480
Mexican Style Spice Mix (sachet(s))	1	1	2
Smoky Base Paste (grams)	26	39	52
Tomato Passata (carton(s))	1	1½	2
Soured Cream (grams)	75	120	150
Wild Rocket (grams)	20	40	40
Boiled Water for the Couscous (milliliter(s))	200	300	400
Sugar for the Sauce (tsp)	1	1½	2
Water for the Sauce (milliliter(s))	100	150	200
Butter (grams)	20	30	40

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2624 kJ
Energy (kcal)	627 kcal
Fat	22.2 g
of which saturates	10.9 g
Carbohydrate	63.3 g
of which sugars	16.1 g
Dietary Fibre	7.2 g
Protein	42.8 g
Salt	4.05 g

Allergens

Milk, Wheat, May contain traces of allergens, Soya, Cereals containing gluten

Always check the product labels for allergen information.



Get Started

- Boil a half-full kettle.
- Slice the **pepper** into strips.
- Put the **couscous** in a large bowl. Pour in the **boiled water for the couscous** (see pantry). Stir in **half** the **chicken stock paste**. Cover tightly with cling film.
- Leave to the side for 10 mins or until ready to serve.



Add Flavour

- Stir in the **Mexican style spice mix**, **smoky base paste**, **passata**, **sugar** and **water** (see pantry for both) and remaining **chicken stock paste**.
- Bring to the boil, then lower the heat. Simmer for 3-4 mins.
- When ready, stir the **butter** (see pantry) into the **chicken**. Season with **salt** and **pepper**, then remove from the heat. **IMPORTANT:** *Cook the chicken so there's no pink in the middle*.



Fry Time

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **pepper** and **chicken**, 5-6 mins. **TIP:** *Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.*
- Season with **salt** and **pepper**. **IMPORTANT:** *Wash hands and utensils after handling raw meat.*



Dinner's Ready!

- Share the **couscous** between your bowls.
- Spoon over the **chicken**.
- Top with the **soured cream** and **rocket**.
- Drizzle some **olive oil** over the **rocket** to finish.

Enjoy your meal!