



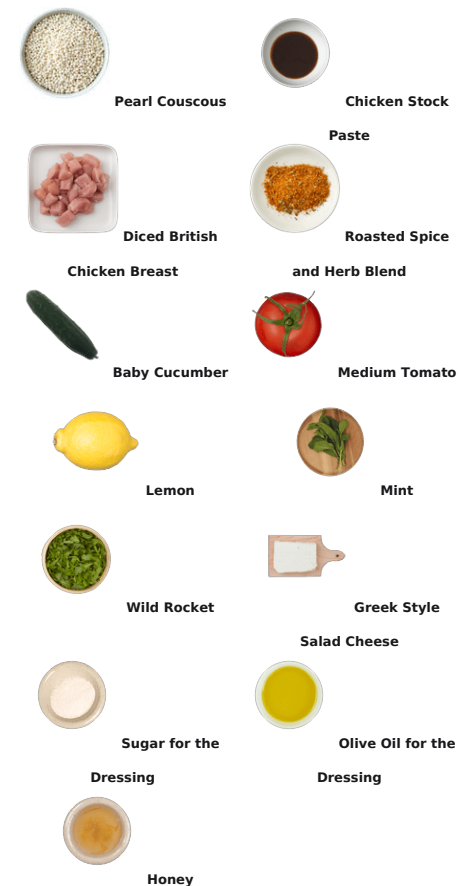
**HELLO
FRESH**

Herby Chicken and Pearl Couscous Salad

with Mint & Lemon Dressing and Greek Style Cheese

High Protein

Preparation time : 20 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/herby-chicken-and-pearl-couscous-salad-59>

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

Pan, Sieve, Small sauce pan, Large Salad Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Pearl Couscous (grams)	150	225	300
Chicken Stock Paste (grams)	10	15	20
Diced British Chicken Breast (grams)	240	390	480
Roasted Spice and Herb Blend (sachet(s))	1	1	2
Baby Cucumber (unit(s))	1	1½	2
Medium Tomato (unit(s))	1	1½	2
Lemon (unit(s))	1	1	2
Mint (bunch(es))	1	1½	2
Wild Rocket (grams)	20	40	40
Greek Style Salad Cheese (grams)	50	100	100
Sugar for the Dressing (tsp)	1	1½	2
Olive Oil for the Dressing (tbsp)	1	1½	2
Honey (tbsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2546 kJ
Energy (kcal)	609 kcal
Fat	14.7 g
of which saturates	5.5 g
Carbohydrate	69.1 g
of which sugars	15 g
Dietary Fibre	5.9 g
Protein	44.8 g
Salt	1.8 g

Allergens

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

Always check the product labels for allergen information.



Get Started

- a) Bring a small saucepan of **water** to the boil with ½ **tsp salt** for the **pearl couscous**.
- b) Add the **pearl couscous** and **chicken stock paste**, reduce the heat to medium and simmer until tender with a slight bite, 14-15 mins.
- c) Once cooked, drain in a sieve, pop back in the pan. Stir through a drizzle of **olive oil** to stop it sticking together. Set aside for later.



Fry Time

- a) Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- b) Once hot, add the **chicken** to the pan. Sprinkle in the **roasted spice and herb blend** and season with **salt** and **pepper**. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.
- c) Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Prep the Veg

- a) While the **chicken** fries, trim the **cucumber**, then halve lengthways. Thinly slice widthways.
- b) Cut the **tomato** into 1cm chunks. Halve the **lemon**.
- c) Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



Finishing Touches

- a) In a large salad bowl, combine the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Add the **mint, lemon juice** from **half the lemon** and season with **salt** and **pepper**. Mix well and set aside.
- b) Once the **chicken** is cooked, drizzle in the **honey** (see pantry for amount) and turn to coat.



All Together Now

- a) When everything's ready, add the **tomato, cucumber, rocket** and **cooked pearl couscous** to the **mint dressing** bowl. **TIP:** Don't add the leaves too early or they'll go soggy!
- b) Crumble in the **Greek style salad cheese** and mix well. Season with **salt** and **pepper** if you feel it needs it.



Serve Up

- a) When everything's ready, share the **pearl couscous salad** between bowls.
- b) Top with the **glazed chicken**.
- c) Cut the remaining **lemon** into wedges to serve alongside.

Enjoy your meal!