



Mediterranean-Inspired Chicken and Olives

with Couscous and Raisins

30 Minutes



Chicken Thighs



Chicken Breasts



Couscous



Chicken Broth Concentrate



Mixed Olives



Mediterranean Spice Blend



Sultana Raisins



Yellow Onion



Roma Tomato

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO MIXED OLIVES

This mix of kalamata and green olives is a fantastic flavour bomb!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, medium non-stick pan, measuring spoons, medium pot, small bowl, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Couscous	½ cup	1 cup
Chicken Broth Concentrate	1	2
Mixed Olives	30 g	60 g
Mediterranean Spice Blend	1 tbsp	2 tbsp
Sultana Raisins	28 g	56 g
Yellow Onion	56 g	113 g
Roma Tomato	160 g	320 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Drain **olives** over a small bowl, reserving **brine**. (**NOTE:** You will use olive brine in step 4 to make sauce.) Halve **olives**.
- Cut **tomatoes** into ½-inch pieces.



Braise chicken

- Reheat the same pan over medium. Add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring often, until tender, 2-3 min.
- Add **tomatoes, olives, olive brine** and **¼ cup water** (dbl for 4 ppl). Bring to a simmer.
- Once simmering, add **chicken** back to the pan. Cover and simmer until **veggies** soften and **chicken** is cooked through, 6-8 min. **



Prep chicken

- Heat a medium non-stick pan (large pan for 4 ppl) over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels, then cut each piece in half, crosswise.
- Add **chicken, Mediterranean Spice Blend** and **½ tbsp oil** (dbl for 4 ppl) to a medium bowl. (**TIP:** We love to use olive oil in this recipe!) Season with **salt** and **pepper**, then toss to coat.



Cook couscous

- Meanwhile, add **raisins, broth concentrate, ⅔ cup water, 1 tbsp butter** and **⅛ tsp salt** (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.
- When **couscous** is tender, fluff with a fork.



Sear chicken

- When the pan is hot, add **chicken**. Sear until golden-brown, 1-2 min per side. (**NOTE:** Chicken will finish cooking in step 4.)
- Transfer **chicken** to a plate. Set aside.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to cook the **chicken thighs**.**



Finish and serve

- Divide **couscous** between bowls.
- Top with **chicken and veggies** and **any remaining braising liquid** in the pan.

Dinner Solved!