



# Zesty Garlic Chicken and Couscous Bowls

with Tahini-Ranch Sauce

Carb Smart

25 Minutes

Customized Protein

+ Add

Swap



or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)





 Swap	 Swap
	
Chicken Thighs 280 g   560 g	Tofu 1   2

	
Chicken Breasts 2   4	Couscous ½ cup   1 cup

	
Tomato 1   2	Baby Spinach 56 g   113 g

	
Tahini Sauce 1 tbsp   2 tbsp	Mayonnaise 2 tbsp   4 tbsp

	
Garlic, cloves 1   2	Lemon 1   2

	
Chives 7 g   14 g	Zesty Garlic Blend 1 tbsp   2 tbsp

**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.*

**Pantry items** | Unsalted butter, sugar, oil, salt, pepper

**Cooking utensils** | Measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, whisk, large non-stick pan, paper towels

1



## Cook chicken

- Wash and dry all produce.
- **Garlic Guide for Step 4:**
  - Mild: ¼ tsp (¼ tsp)
  - Medium: ¼ tsp (½ tsp)
  - Extra: ½ tsp (1 tsp)

Swap | **Chicken Thighs**

Swap | **Tofu**

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt, pepper** and **half the Zesty Garlic Blend**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**.
- Cook on one side until golden, 6-7 min. Flip, then cover and continue cooking until cooked through, 6-7 min. **\*\* (TIP: If chicken begins to burn, reduce heat to medium-low.)**

4



## Make sauces

- Add **mayo**, **half the tahini sauce** (use all for 4 ppl), **half the chives**, **¼ tsp** (½ tsp) **sugar** and **garlic** to a small bowl. **(NOTE: Reference garlic guide.)** Season with **salt** and **pepper**, to taste, then stir to combine. **(NOTE: This is your tahini-ranch sauce.)**
- Add **2 tsp** (4 tsp) **lemon juice**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. **(NOTE: This is your lemon dressing.)**

2



## Cook couscous

- Meanwhile, add **¾ cup** (1½ cups) **water**, **1 tbsp** (2 tbsp) **butter**, **½ tsp** (¼ tsp) **salt** and **remaining Zesty Garlic Blend** to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.

5



## Finish couscous and make salad

- Add **lemon zest** and **remaining chives** to the pot with **couscous**.
- Season with **salt** and **pepper** to taste, then fluff with a fork to combine.
- Add **spinach** and **tomatoes** to the large bowl with **lemon dressing**, then toss to coat.

3



## Prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Thinly slice **chives**.
- Peel, then mince or grate **garlic**.

6



## Finish and serve

- Thinly slice **chicken**.
- Add **couscous** to the bowl with **salad**, then toss to combine.
- Divide **couscous salad** between bowls. Top with **chicken**.
- Drizzle with **tahini-ranch sauce**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 1 | Cook chicken thighs

Swap | **Chicken Thighs**

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

## 1 | Cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. **(NOTE: You will have 2 square tofu steaks per block.)** Season, cook and plate in the same way the recipe instructs you to season, cook and plate the **chicken**. Reduce pan-frying time to 2-3 min per side.

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

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



Issue with your meal? Scan the QR code to share your feedback.