



ZA'ATAR CHICKEN AND COUSCOUS

with Lemon Crema and Spinach



HELLO ZA'ATAR

This popular Middle Eastern spice blend combines herby thyme, nutty sesame seeds, and tangy sumac.

PREP: 5 MIN

TOTAL: 20 MIN

CALORIES: 520



Israeli Couscous
(Contains: Wheat)



Lemons



Za'atar Spice Blend



Sour Cream
(Contains: Milk)



Chicken Stock
Concentrates



Chicken Breast
Strips



Baby Spinach

START STRONG

Looking to add a little heat to your dish? Stir a few dashes of hot sauce into your crema for a delicious kick.

BUST OUT

- Medium pot
- Zester
- Paper towels
- Large pan
- Small bowl
- Butter (4 TBSP)
(Contains: Milk)
- Olive oil (4 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|------------------------------|--------|
| • Israeli Couscous | 1 Cup |
| • Chicken Stock Concentrates | 2 |
| • Lemons | 2 |
| • Chicken Breast Strips* | 20 oz |
| • Za'atar Spice Blend | 2 TBSP |
| • Baby Spinach | 5 oz |
| • Sour Cream | 4 TBSP |

* Chicken is fully cooked when internal temperature reaches 165 degrees.

WINE CLUB

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1 COOK COUSCOUS

Melt **2 TBSP butter** in a medium pot over medium-high heat. Add **couscous** and cook, stirring, until browned and toasted, 1-2 minutes. Stir in **stock concentrates** and **3 cups water**. Bring to a boil and cook until al dente, 8-10 minutes. (**TIP:** If water evaporates before couscous is al dente, add more water, ¼ cup at a time.) Turn off heat.



4 FINISH COUSCOUS

Add **spinach**, **2 TBSP butter**, and juice from **4 lemon wedges** to **couscous**. Cook on low heat, stirring, until spinach has wilted, 3-4 minutes. Turn off heat. Taste and season with **salt** and **pepper**.



2 PREP

Meanwhile, **wash and dry all produce**. Zest **lemons** until you have 2 tsp; quarter lemons. Pat **chicken** dry with paper towels; season with **salt**, **pepper**, and half the **za'atar**.



5 MAKE CREMA

In a small bowl, combine **sour cream**, half the **lemon zest**, a squeeze of **lemon juice**, and enough **water** to give mixture a drizzling consistency. (**TIP:** Start with 1 tsp water and add more as needed.) Season with **salt** and **pepper**.



3 COOK CHICKEN

Heat **4 tsp olive oil** in a large pan over medium-high heat. Working in batches if necessary, add **chicken** in a single even layer. Cook, stirring occasionally, until browned and cooked through, 6-8 minutes.



6 SERVE

Divide **couscous** between bowls. Top with **chicken**. Sprinkle with a pinch of remaining **za'atar** (we used ¼ tsp) and **lemon zest**. Drizzle with **crema**. Serve with any remaining **lemon wedges** on the side for squeezing over.

FRESH TALK

How many "z" words can you name?

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