



CHICKEN AND CRANBERRY CURRANT PAN SAUCE

with Scallion Couscous and Zucchini



HELLO COUSCOUS

These tiny toasted pasta pieces become fluffy once cooked.

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 650



Scallions



Israeli Couscous
(Contains: Wheat)



Dried Cranberries



Currant Jam



Zucchini



Chicken Breasts



Chicken Stock Concentrate

START STRONG

Want to know the trick to extra-toasty zucchini? Place your baking sheet in the oven while it preheats. This will ensure the outside of the zucchini caramelizes quickly.

BUST OUT

- Small pot
- Small bowl
- Baking sheet
- Paper towels
- Large pan
- Vegetable oil (4 tsp | 8 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Scallions 2 | 4
- Zucchini 1 | 2
- Israeli Couscous ½ Cup | 1 Cup
- Chicken Breasts 12 oz | 24 oz
- Dried Cranberries 1 oz | 2 oz
- Chicken Stock Concentrate 1 | 2
- Currant Jam 2 TBSP | 4 TBSP

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP

Adjust rack to top position, then preheat oven to 450 degrees. **Wash and dry all produce.** Thinly slice **scallions**, separating whites from greens. Trim, then halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons.



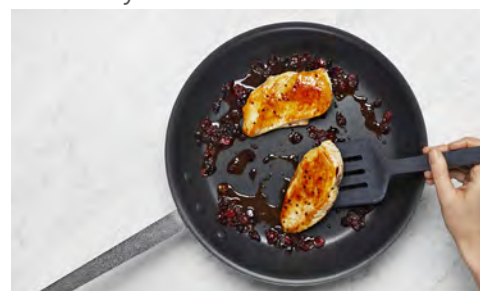
4 COOK CHICKEN

Pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Heat a drizzle of **oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 5-8 minutes per side. (**TIP:** If chicken darkens too quickly, reduce heat to medium.) Turn off heat; transfer to a plate.



2 COOK COUSCOUS

Heat a drizzle of **oil** in a small lidded pot over medium-high heat. Add **scallion whites** and cook until tender, 1 minute. Add **couscous** and a pinch of **salt** and **pepper**. Cook until toasted, 2-3 minutes. Add ¾ **cup water** and bring mixture to a boil. Once boiling, cover, reduce heat to low, and cook until tender, 10-12 minutes. Keep covered until ready to serve.



5 MAKE SAUCE

Heat a drizzle of **oil** in same pan over medium heat. Add **cranberries** and cook, stirring, until slightly softened, 1-2 minutes. In a small bowl, combine **stock concentrate**, **jam**, and **2 TBSP water**. Add to pan, bring to a simmer, and cook until thickened, 1-2 minutes. Turn off heat; stir in **1 TBSP butter** until melted. Add **chicken** and turn to coat in sauce.



3 ROAST ZUCCHINI

Toss **zucchini** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast, tossing halfway through, until browned and tender, about 15 minutes. Remove from oven; cover until ready to serve.



6 FINISH AND SERVE

Fluff **couscous** with a fork, then stir in **1 TBSP butter** and half the **scallion greens**. Season with **salt** and **pepper**. Divide couscous, **zucchini**, and **chicken** between plates. Top chicken with any remaining **sauce**. Garnish with remaining scallion greens.

JAM OUT

Make this sweet sauce again with pork chops.

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