



Cooking Made Easy

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Crispy Roasted Chicken

with Caramelized Lemon, Olives & Asparagus



Never caramelized lemons before? They become a juicy, sweet condiment perfect for squeezing over crispy roasted chicken. Served with spiced couscous, olives, and roasted asparagus, we think you'll be adding this one-pan chicken dinner to your weeknight repertoire!



30 min



level 2



nut
free



lactose
free



Half Chicken



Couscous



Asparagus



Coriander



Mixed Olives



Stock Concentrate



Garlic



Parsley



Lemon

Ingredients	2 People	4 People
Half Chicken	1	2
Couscous	1) ½ C	1 C
Mixed Olives	1 oz	2 oz
Asparagus	1 bunch	2 bunches
Stock Concentrate	1	2
Lemon	1	2
Garlic	2 cloves	4 cloves
Coriander	1 t	2 t
Parsley	1 bunch	2 bunches
Vegetable Oil*	1 T	2 T

*Not Included

Allergens

1) Wheat

Tools

Large Oven-Proof Pan,
Small Pot

Nutrition per person Calories: 917 cal | Carbs: 52 g | Fat: 54 g | Protein: 58 g | Fiber: 6 g

Ruler

0 in ¼ in ½ in ¾ in 1 in



1 Heat oven to 425 degrees. Zest and halve the **lemon**. Halve the **chicken breast** widthwise by placing your non-dominant hand on the back of your knife and pushing down with force to break through the breastbone, keeping the skin intact. Season the chicken pieces with **salt, pepper,** and ½ teaspoon **coriander**.



2 Heat 1 tablespoon **oil** in a large oven-proof pan over medium-high heat. Add the **chicken**, skin-side down, to the pan and cook for 3-4 minutes, until deeply golden brown. Add the **lemon** to the pan, cut side-down, and turn the chicken to cook on the other side another 2-3 minutes.



3 Meanwhile, trim and discard the bottom inch of the **asparagus**. Halve the **olives**. Crush the **garlic cloves** with the side of your knife. Add the **asparagus, olives,** and **garlic** to the pan and transfer to the oven to finish cooking for 8-10 minutes. **HINT:** If you don't have an oven-proof pan, transfer everything to a shallow baking dish.

4 While the chicken finishes cooking, add 1 cup **water** and the **stock concentrate** to a small pot and bring to a boil. Add the **couscous**, cover, and remove from heat for 5 minutes.

5 Meanwhile, chop the **parsley**. When the **couscous** is ready, fluff with a fork and mix in a pinch of **lemon zest, half the parsley,** and ½ teaspoon **coriander**. Season with **salt** and **pepper**.

6 Serve the **couscous** and top with **chicken, asparagus,** and **olives**. Squeeze the **caramelized lemons** over the chicken and drizzle with any pan juices. Sprinkle with remaining **parsley** and enjoy!

Tip Buying your chicken bone-in skin-on is a way to ensure it stays flavorful and juicy while cooking!