



More than Food

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Coriander & Cumin-Crusted Chicken

with Israeli Couscous Salad, Roasted Zucchini, and Caramelized Lemon

Toasting spices brings out their pungent essential oils—it's the key to this chicken's intensely flavorful crust. Paired with a simple couscous salad and a one-ingredient citrus sauce, this recipe is full of time-saving, flavor-boosting tricks.



35 min



level 2



nut free



Chicken Breasts



Whole Coriander Seeds



Whole Cumin Seeds



Zucchini



Lemon



Israeli Couscous



Shallot



Parsley, fresh



Goat Cheese, crumbled

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Whole Coriander Seeds	1 T	2 T
Whole Cumin Seeds	1 T	2 T
Zucchini	1	2
Lemon	1	2
Israeli Couscous	1) ½ cup	1 cup
Shallot	1	2
Parsley, fresh	¼ oz	½ oz
Goat Cheese, crumbled	2) 2 oz	4 oz
Oil*	1 T	2 T

*Not Included

Allergens

1) Wheat

2) Milk

Tools

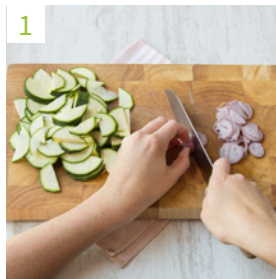
Medium Pot, Baking Sheet, Large Pan, Large Bowl, Strainer, Plastic Bag

Nutrition per person Calories: 535 cal | Carbs: 52 g | Fat: 16 g | Protein: 52 g | Fiber: 7 g | Sodium: 196 mg

Make sure to wash and dry produce before prepping or cooking!

Ruler

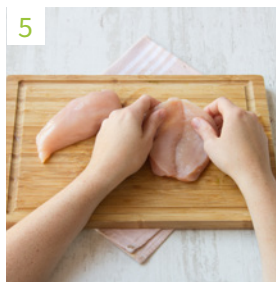
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1 Preheat the oven to 400 degrees. Bring a medium pot of water to a boil with a large pinch of **salt**. Halve and thinly slice the **zucchini** into half moons. Halve, peel, and thinly slice the **shallot**. Halve the **lemon**. Pick the **parsley** leaves off the stems and discard the stems.

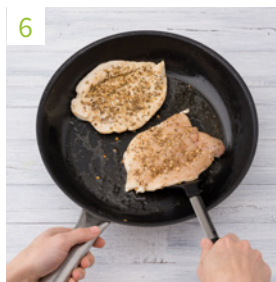


2 **Roast the zucchini:** toss the **zucchini** on a baking sheet with a drizzle of **olive oil** and season with **salt** and **pepper**. Place the **lemon halves**, cut sides down, on the baking sheet and place in the oven for 15-18 minutes, tossing the zucchini halfway through cooking, until soft and golden brown. The lemon halves should become deeply caramelized on the bottom.



3 Add the **Israeli couscous** to the boiling water and cook for 7-8 minutes, until al dente. Drain and rinse under cold water.

4 **Toast and crush the seeds:** meanwhile, heat a large pan over medium heat. Add the **coriander** and **cumin seeds** to the dry pan and toss for about 1 minute, until fragrant. Place the **toasted seeds** in a plastic bag and pound with a mallet, pan, or the back of your knife until coarsely crushed.



5 **Butterfly the chicken:** place your hand on top of the **chicken breast**, and slice into the center of the meat, parallel to the cutting board, until almost through. Open the **chicken** up like a book. Repeat with remaining chicken breast.

6 Season the **chicken** on all sides with **salt** and **pepper**, then coat on all sides with the **crushed coriander** and **cumin**. Heat a drizzle of **oil** in the same pan over medium-high heat. Add the **chicken** to the pan and cook for 3-4 minutes per side, until cooked through. Let the chicken rest for 2-3 minutes before thinly slicing.

7 **Assemble the Israeli couscous salad:** in a large bowl, toss together the **Israeli couscous**, **roasted zucchini**, **goat cheese**, **parsley leaves**, **shallot**, a drizzle of **olive oil**, and the **juice of half the caramelized lemon**. Season with **salt** and **pepper**.

8 Serve the **sliced chicken** on a bed of the **Israeli couscous salad**. Squeeze the **juice of the remaining caramelized lemon** over the chicken and enjoy!