



ONE-POT CREAMY LEMON-DILL CHICKEN SOUP

with Couscous & Scallions

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Chicken Cutlets



3 oz | 6 oz
Carrot



2.5 oz | 5 oz
Celery



1 Clove | 2 Cloves
Garlic



2 | 4
Scallions



1 | 2
Lemon



¼ oz | ¼ oz
Dill



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



3 | 6
Chicken Stock
Concentrates



4 TBSP | 8 TBSP
Crème Fraîche
Contains: Milk



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HELLO

CRÈME FRAÎCHE

A silky, buttery cream that's perfect in sauces



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 480



GO GREEN

Why separate the scallion whites from the greens? The whites are better for cooking, while the greens are better for topping.

BUST OUT

- Large pot
- Peeler
- Strainer
- Zester
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

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1 POACH CHICKEN

- Place **chicken*** in a large pot with enough **salted water to cover by 2 inches**. Cover and bring to a boil; cook until mostly cooked through, 5-8 minutes (**it'll finish cooking later**).
- Turn off heat. Drain and transfer chicken to a cutting board; wipe out pot.



4 COOK COUSCOUS

- Stir in **3½ cups of water** (6 cups for 4 servings), **couscous**, and **stock concentrates**, scraping any browned bits from bottom of pot. Cover and bring to a boil, then immediately reduce heat to a low simmer. Cook, covered, until couscous is tender, 7-9 minutes.



2 PREP

- While chicken cooks, **wash and dry produce**.
- Peel, trim, and halve **carrot** lengthwise; thinly slice into half-moons. Halve **celery** lengthwise; thinly slice crosswise. Peel and mince or grate **garlic**. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**. Pick and finely chop **fronds from dill**.



5 FINISH SOUP

- Once **chicken** is cool enough to handle, using two forks, shred into bite-size pieces. Return chicken to pot with couscous (**add chicken even if couscous is not done**); cook until chicken is cooked through, 2-3 minutes. Remove pot from heat.
- Stir in **scallion greens**, **crème fraîche**, **lemon zest**, and **juice from half the lemon** (whole lemon for 4 servings). Season generously with **salt** (**start with 1 tsp, then taste and add more from there if desired**) and **pepper**.



3 COOK VEGGIES

- Heat a **drizzle of oil** in pot used for chicken over medium-high heat. Add **carrot**, **celery**, a **big pinch of salt**, and **pepper**. Cook, stirring occasionally, until veggies are lightly browned and slightly softened, 3-5 minutes.
- Add **garlic** and **scallion whites**; cook, stirring, until fragrant, 1 minute.



6 SERVE

- Divide **soup** between bowls; squeeze **juice from remaining lemon** over top to taste and garnish with **dill**. Serve with any **remaining lemon wedges** on the side.

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