



CREAMY LEMON BUTTER CHICKEN

with Parmesan Zucchini Rounds & Scallion Couscous

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



2 | 2
Scallions



1 | 1
Lemon



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 TBSP | 2 TBSP
Tuscan Heat
Spice



10 oz | 20 oz
Chicken Cutlets



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 | 4
Chicken Stock
Concentrates



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



8 oz | 16 oz
Broccoli Florets

Calories: 630



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 620



HELLO

ISRAELI COUSCOUS

These tiny pasta pieces become pleasantly chewy once cooked.

CRUMB'S THE WORD

If you're left with any crunchy, cheesy crumbs after roasting zucchini in step 2, sprinkle them over your finished dish.

BUST OUT

- Zester
- Paper towels
- Small bowl
- Large pan
- Baking sheet
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and slice **zucchini** crosswise into ½-inch-thick rounds. Trim and thinly slice **scallions**, separating whites from greens. Zest and halve **lemon**.
- In a small bowl, combine **panko** and **Parmesan** with a **drizzle of oil, salt, and pepper**.

🔄 Cut **broccoli florets** into bite-size pieces if necessary. (Save **zucchini** for another use.)



4 MAKE SCALLION COUSCOUS

- While chicken cooks, heat a **drizzle of oil** in a small pot over medium-high heat. Add **scallion whites**; cook until softened, 1 minute.
- Add **couscous**; stir until toasted, 30 seconds.
- Stir in **¾ cup water (1½ cups for 4 servings)**, **half the stock concentrates (you'll use the rest in the next step)**, and a **pinch of salt**. Cover and bring to a boil, then reduce heat to low. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



2 ROAST ZUCCHINI

- Toss **zucchini** on a baking sheet with a **drizzle of olive oil, half the Tuscan Heat Spice (you'll use the rest in the next step), salt, and pepper**.
- Arrange zucchini in a single layer so they are touching but not overlapping. Top with **panko mixture**.
- Roast on top rack until zucchini is tender and panko is golden brown and crispy, 15-18 minutes.

🔄 Swap in **broccoli** for zucchini; roast until browned and tender, 15-20 minutes.



5 MAKE SAUCE

- Heat pan used for chicken over medium-high heat. Add **remaining stock concentrates, ¼ cup water (½ cup for 4 servings)**, and a **squeeze of lemon juice** to taste. Simmer until slightly reduced, 3-4 minutes. Turn off heat.
- Stir in **sour cream and 1 TBSP butter (2 TBSP for 4)** until melted and combined. Season with **salt and pepper**.



3 COOK CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels; season with **remaining Tuscan Heat Spice, 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, 3-5 minutes per side.
- Turn off heat; transfer chicken to a plate. Wipe out pan.



6 FINISH & SERVE

- To pot with **couscous**, add **juice from half the lemon, half the lemon zest, half the scallion greens, salt, and pepper**; stir to combine. **TIP: If couscous seems dry, add a splash of water. For extra richness, stir in 1 TBSP butter (2 TBSP for 4 servings).**
- Divide couscous, **chicken**, and **zucchini** between plates. Spoon **sauce** over chicken. Top with remaining scallion greens and lemon zest. Serve.