



# CRISPY PARMESAN CHICKEN

with Garlic Scallion Couscous & Lemony Roasted Broccoli

## INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz  
Broccoli Florets



2 | 2  
Scallions



1 Clove | 2 Cloves  
Garlic



1 | 1  
Lemon



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



1 tsp | 2 tsp  
Hot Smoked  
Paprika



10 oz | 20 oz  
Chicken Cutlets



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



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.



6 oz | 12 oz  
Asparagus

Calories: 640



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 650



HELLO

### UN-FRIED CHICKEN

Juicy and tender on the inside, crunchy on the outside—no frying needed

### DRY, DRY AGAIN

Blotting out moisture helps the seasonings stick to the chicken (and promotes even browning while roasting).

### BUST OUT

- Medium pot
- Paper towels
- Zester
- Baking sheet
- Small bowl
- Strainer
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 3 TBSP)  
Contains: Milk

### SHARE THE LOVE



Know a friend who'd enjoy this meal? Scan the QR code to share.

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



### 1 PREP

- Adjust rack to middle position (**middle and top positions for 4 servings**) and preheat oven to 425 degrees. Bring a medium pot of **salted water** to a boil. **Wash and dry produce.**
- Cut **broccoli** into bite-size pieces if necessary. Trim and thinly slice **scallions**, separating whites from greens. Mince or grate **garlic**. Zest and quarter **lemon**.

🔗 Trim and discard woody bottom ends from **asparagus**. (Save broccoli for another use.)



### 4 COOK COUSCOUS

- While chicken and broccoli roast, add **couscous** to pot with **boiling water**. Cook until tender, 6-8 minutes. Drain thoroughly.
- Melt **2 TBSP butter** (3 TBSP for 4 servings) in empty pot over medium heat. Add **scallion whites** and **garlic**; cook until softened, 1 minute.
- Return cooked couscous to pot and stir until coated. Taste and season with **salt** and **pepper**.



### 2 COAT CHICKEN

- In a small bowl, combine **panko**, **Parmesan**, **paprika**, a **large drizzle of olive oil**, and a **pinch of salt and pepper**.
- Pat **chicken\*** dry with paper towels; season all over with **salt** and **pepper**. Place on one side of a baking sheet (**for 4 servings, arrange across entire sheet**).
- Spread tops of chicken with **sour cream**. Mound with **panko mixture**, pressing to adhere (**no need to coat the undersides**).



### 5 FINISH BROCCOLI

- Once **broccoli** is done roasting, carefully toss with **lemon zest** and a **squeeze of lemon juice** to taste.
- 🔗 Toss **asparagus** as instructed.



### 3 ROAST CHICKEN & BROCCOLI

- Toss **broccoli** on opposite side of sheet from **chicken** with a **large drizzle of olive oil**, **salt**, and **pepper**. (**For 4 servings, toss broccoli on a second sheet.**)
- Roast on middle rack until chicken is cooked through and broccoli is browned and tender, 15-20 minutes. (**For 4, roast chicken on middle rack and broccoli on top rack.**)
- Transfer chicken to a plate to rest. **TIP: If broccoli is done before chicken, remove from sheet and continue roasting chicken.**

🔗 Roast **coated chicken** (**without asparagus**) for 5 minutes; remove sheet from oven. Swap in **asparagus** for broccoli; roast until chicken is cooked through and asparagus is tender, 12-15 minutes more.



### 6 SERVE

- Divide **chicken**, **broccoli**, and **couscous** between plates. Garnish chicken with **scallion greens**. Serve with any **remaining lemon wedges** on the side.