



CHICKEN CUTLETS WITH SMOKY ROMESCO SAUCE

plus Couscous & Roasted Zucchini

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Bell Pepper*



1 | 2
Tomato



2 Cloves | 4 Cloves
Garlic



1 | 2
Zucchini



10 oz | 20 oz
Chicken Cutlets



½ oz | 1 oz
Pepitas



1 tsp | 2 tsp
Smoked Paprika



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Chicken Stock
Concentrate



5 tsp | 5 tsp
Red Wine Vinegar



SCAN HERE FOR A VIDEO TUTORIAL BY ONE OF OUR PRO CHEFS ON HOW TO MAKE THIS RECIPE!



*The ingredient you received may be a different color.

HELLO

ROMESCO

Our spin on this classic Spanish roasted red pepper sauce swaps the traditional almonds and bread for pepitas and panko.



PREP: 15 MIN | COOK: 50 MIN | CALORIES: 750



HELLO FRESH

IMMERSION VERSION

Using an immersion blender? Simply transfer romesco veggies with any oil to a large bowl; add roasted garlic, vinegar, olive oil, water, and salt. Blend directly in bowl until mostly smooth, 1-2 minutes, then season generously with salt and pepper.

BUST OUT

- 2 Baking sheets
 - Aluminum foil
 - Paper towels
 - Small pot
 - Blender
 - Kosher salt
 - Black pepper
 - Olive oil (**10 tsp** | **16 tsp**)
 - Cooking oil (**2 tsp** | **2 tsp**)
 - Butter (**1 TBSP** | **2 TBSP**)
- Contains: Milk



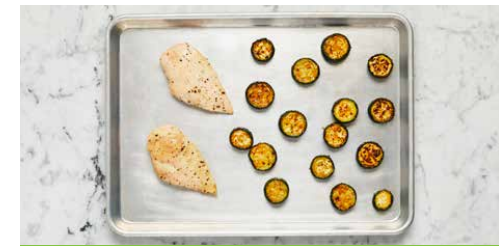
1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Quarter **bell pepper** lengthwise; remove stems and seeds. Halve **tomato** lengthwise. Peel **garlic**.



2 START ROMESCO VEGGIES

- Toss **bell pepper** and **tomato** on a baking sheet with a **large drizzle of olive oil** and a **big pinch of salt and pepper**. Push veggies to one side of sheet.
- Place **garlic cloves** in the center of a small piece of foil; drizzle with **olive oil** and season with **salt** and **pepper**. Cinch into a packet; place **garlic foil packet** on empty side of sheet.
- Roast on top rack for 20 minutes (**you'll add more to the sheet in Step 5**).



3 ROAST CHICKEN & ZUCCHINI

- Meanwhile, trim and slice **zucchini** crosswise into 1/2-inch-thick rounds.
- Toss zucchini on one side of a second baking sheet with a **drizzle of oil, salt, and pepper**.
- Pat **chicken*** dry with paper towels and place on empty side of sheet. Drizzle with **oil** and season all over with **salt** and **pepper**.
- Roast **chicken and zucchini** on middle rack until zucchini is tender and lightly browned and chicken is cooked through, 18-20 minutes. Transfer chicken to a cutting board.



4 COOK COUSCOUS

- While chicken and zucchini roast, melt **1 TBSP butter (2 TBSP for 4 servings)** in a small pot over medium-high heat.
- Add **couscous**; cook, stirring, until couscous is lightly toasted, 1-2 minutes. Stir in **3/4 cup water (1 1/2 cups for 4)** and **stock concentrate**. Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes; season with **salt** and **pepper** to taste.
- Keep covered off heat until ready to serve.



5 FINISH ROMESCO VEGGIES

- Once romesco veggies have roasted 20 minutes, remove sheet from oven. Transfer **garlic foil packet** to a plate to cool.
- Top **romesco veggies** on sheet with a **drizzle of olive oil, panko, pepitas, and paprika**; season with **salt** and **pepper**. Carefully toss to combine.
- Return to top rack and roast until panko and pepitas are lightly toasted, 8-10 minutes more. Let cool for at least 5 minutes.



6 BLEND ROMESCO

- Carefully transfer **romesco mixture** from sheet to a blender or food processor (**be sure to scrape in any browned bits and liquid too!**).
- Remove **roasted garlic** from foil packet; add to blender.
- Add **half the vinegar, 3 TBSP water, 2 TBSP olive oil, and 1 tsp salt** to blender (**use all the vinegar, 6 TBSP water, 4 TBSP olive oil, and 1 1/2 tsp salt for 4 servings**).
- Blend, scraping down the sides as needed, until mostly smooth, 1-2 minutes. (**If sauce seems too thick, blend in another 1-2 TBSP water.**) Season **romesco sauce** generously with **salt** and **pepper**.



7 FINISH & SERVE

- Slice **chicken** crosswise.
- Spread as much **romesco sauce** as you like on one side of each plate; fan chicken over top.
- Divide **couscous** and **roasted zucchini** between plates in separate sections. Serve. **TIP: Refrigerate any remaining romesco sauce in an airtight container for up to 5 days.**

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