



CRISPY PARMESAN CHICKEN

with Garlic Scallion Couscous & Lemony Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



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
Paprika



1 tsp | 1 tsp
Chili Powder



10 oz | 20 oz
Chicken Cutlets



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



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



8 oz | 16 oz
Broccoli
Calories: 670



6 oz | 12 oz
Asparagus
Calories: 640



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 690



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

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*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.**
 - Trim, peel, and halve **carrots** lengthwise; cut crosswise into 2-inch-long pieces. Trim and thinly slice **scallions**, separating whites from greens. Peel and mince or grate **garlic**. Zest and quarter **lemon**.
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- 🔄 Cut **broccoli** into bite-size pieces if necessary or trim and discard woody bottom ends from **asparagus**. (Save carrots for another use.)



4 COOK COUSCOUS

- While chicken and carrots 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. Season with **salt** and **pepper** to taste.



2 COAT CHICKEN

- In a small bowl, combine **panko**, **Parmesan**, **paprika**, a **large drizzle of olive oil**, and a **pinch of chili powder, 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, spread out 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 CARROTS

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



3 ROAST CHICKEN & CARROTS

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

- 🔄 Swap in **broccoli** for **carrots**.
- 🕒 Roast **chicken** for 5 minutes; remove sheet from oven. Carefully swap in **asparagus** for **carrots**; roast until chicken is cooked through, 12-15 minutes more.



6 SERVE

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