

INGREDIENTS

2 PERSON | 4 PERSON



Carrots



1 | 1 Lemon



1/4 Cup | 1/2 Cup Panko Breadcrumbs



1 tsp | 2 tsp Paprika



1½ TBSP | 3 TBSP Sour Cream Contains: Milk



2 2 Scallions

Contains: Wheat



1 Clove | 2 Cloves Garlic



3 TBSP | 6 TBSP Parmesan Cheese Contains: Milk



10 oz | 20 oz Chicken Cutlets



1tsp 1tsp

Chili Powder

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

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



8 oz | 16 oz Broccoli

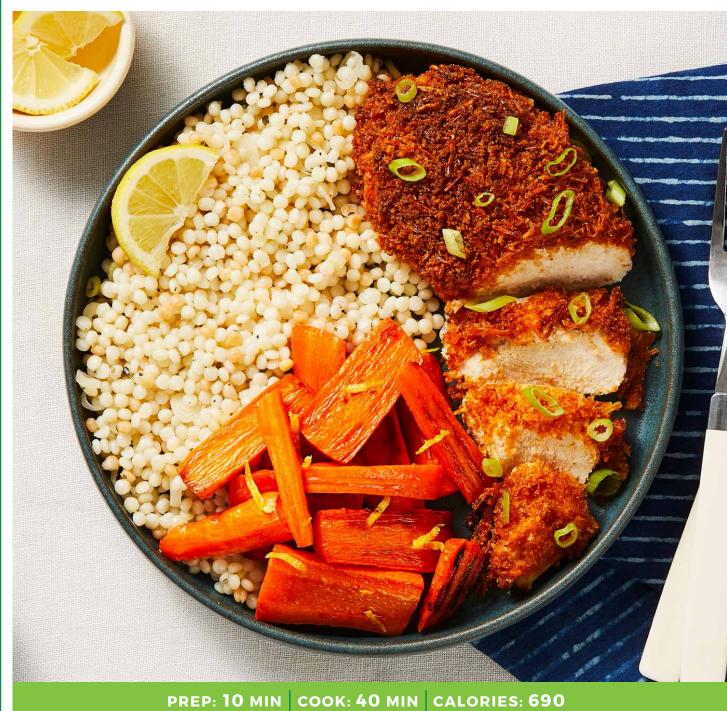


6 oz | 12 oz Asparagus

Calories: 640 G Calories: 670

CRISPY PARMESAN CHICKEN

with Garlic Scallion Couscous & Lemony Roasted Carrots





HELLO

UN-FRIED CHICKEN

Juicy and tender on the inside. crunchy on the outside-no frvina 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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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 guarter lemon.
- Cut **broccoli** into bite-size pieces if necessary or trim and discard woody bottom ends from asparagus. (Save carrots for another use.)



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).



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



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.



5 FINISH CARROTS

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



6 SERVE

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