



MEDITERRANEAN CHICKEN & COUSCOUS BAR

with sides & toppings for everyone to build their perfect plate

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini*



1 | 2
Tomato



1 | 2
Lemon



¼ oz | ½ oz
Dill



5 oz | 10 oz
Israeli Couscous
Contains: Wheat



2 | 4
Chicken Stock
Concentrates



10 oz | 20 oz
Chopped Chicken
Breast



1 tsp | 2 tsp
Garlic Powder



1 tsp | 1 tsp
Dried Oregano



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

*The ingredient you received may be a different color.



HelloCustom

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



¾ Cup | 1½ Cups
Jasmine Rice

Calories: 1030



2 | 4
Pitas
Contains: Sesame,
Wheat

Calories: 960



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 740



HELLO

BUILD-A-PLATE

Delight everyone's palates with this customizable meal! If you chose to add extras, you can whip up rice bowls and/or stuffed pitas!

CRUNCH TIME

Toast the almonds in a small dry pan over medium heat, stirring often, for 2-3 minutes to enhance their flavor and crunch. Watch carefully to avoid burning!

BUST OUT

- Baking sheet
- Small pot
- (or 2 small pots)
- Whisk
- Large pan
- 2 Small bowls
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (2 tsp | 2 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



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1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Trim and slice **zucchini** crosswise into ½-inch-thick rounds. Dice **tomato** into ¼ inch pieces. Quarter **lemon**. Roughly chop **dill**.

- In a small pot, combine **rice**, **1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



4 COOK CHICKEN

- While couscous cooks, open package of **chicken*** and drain off any excess liquid.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken, **half the oregano (all for 4 servings)**, **half the garlic powder**, a **pinch of salt**, and **pepper**. (You'll use the rest of the **garlic powder** in the next step.) Cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



2 ROAST ZUCCHINI

- Toss **zucchini** on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**. Roast on top rack, until tender and lightly browned, 14-16 minutes. **TIP: If you added any other items to your meal (apps, sides, and/or dessert), you can get started on them now!**



5 MAKE SALAD & MIX SAUCE

- Meanwhile, in a small bowl, combine **tomato**, **juice from half the lemon**, a **drizzle of olive oil**, a **pinch of salt**, and **pepper**.
- In a separate small bowl, whisk together **mayonnaise**, **sour cream**, and **remaining garlic powder**. Add **water** 1 teaspoon at a time until mixture reaches a drizzling consistency. Taste and season with **salt** and **pepper**.

- Toast **pitas** until golden brown.



3 COOK COUSCOUS

- While zucchini roasts, in a small pot combine **couscous**, **stock concentrates**, and **1½ cup water (3 cups water and a medium pot for 4 servings)**. Bring to a boil, then cover and reduce to a low simmer. Cook until tender, 8-10 minutes. Keep covered off heat until ready to serve.

- Use a second small pot here.



6 SERVE

- Serve **zucchini**, **couscous**, **chicken**, **tomato salad**, **garlic sauce**, **dill**, **almonds**, and **remaining lemon wedges** family style and let everyone to build their own bowls. **TIP: Dash with your favorite hot sauce if you like things spicy!**

- Fluff **rice** with a fork. Serve alongside **couscous bar**.
- Cut each **pita** into 6 triangles. Serve alongside **couscous bar**.

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