



CREAMY LEMON BUTTER CHICKEN

with Parmesan Zucchini Rounds & Scallion Couscous

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



2 | 2
Scallions



1 | 1
Lemon



¼ Cup | ½ Cup
Panko Breadcrumbs
Contains: Wheat



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 TBSP | 2 TBSP
Tuscan Heat Spice



10 oz | 20 oz
Chicken Cutlets



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 | 4
Chicken Stock Concentrates



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



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HelloCustom

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



8 oz | 16 oz
Broccoli
Calories: 630



6 oz | 12 oz
Asparagus
Calories: 600



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 600



HELLO

ISRAELI COUSCOUS

These tiny pasta pieces become pleasantly chewy once cooked.

CRUMB'S THE WORD

If you're left with any crunchy, cheesy crumbs after roasting zucchini in step 2, sprinkle them over your finished dish.

BUST OUT

- Zester
- Paper towels
- Small bowl
- Large pan
- Baking sheet
- Small pot

- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)

Contains: Milk

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.

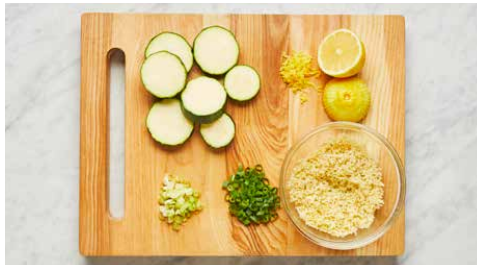
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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and slice **zucchini** crosswise into ½-inch-thick rounds. Trim and thinly slice **scallions**, separating whites from greens. Zest and halve **lemon**.
- In a small bowl, combine **panko** and **Parmesan** with a **drizzle of oil, salt, and pepper**.

- 🔄 Cut **broccoli** into bite-size pieces if necessary or trim and discard woody bottom ends from **asparagus**. (Save **zucchini** for another use.)



4 MAKE SCALLION COUSCOUS

- While chicken cooks, heat a **drizzle of oil** in a small pot over medium-high heat. Add **scallion whites**; cook until softened, 1 minute.
- Add **couscous**; stir until toasted, 30 seconds.
- Stir in **¾ cup water (1½ cups for 4 servings), half the stock concentrates (you'll use the rest in the next step), and a pinch of salt**. Cover and bring to a boil, then reduce heat to low. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



2 ROAST ZUCCHINI

- Toss **zucchini** on a baking sheet with a **drizzle of olive oil, half the Tuscan Heat Spice (you'll use the rest in the next step), salt, and pepper**.
- Arrange zucchini in a single layer so they are touching but not overlapping. Top with **panko mixture**.
- Roast on top rack until zucchini is tender and panko is golden brown and crispy, 15-18 minutes.

- 🔄 Swap in **broccoli** or **asparagus** for zucchini; roast 15-20 minutes for broccoli or 10-12 minutes for asparagus.



5 MAKE SAUCE

- Heat pan used for chicken over medium-high heat. Add **remaining stock concentrates, ¼ cup water (½ cup for 4 servings), and a squeeze of lemon juice** to taste. Simmer until slightly reduced, 3-4 minutes. Turn off heat.
- Stir in **sour cream and 1 TBSP butter (2 TBSP for 4)** until melted and combined. Season with **salt and pepper**.



3 COOK CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels; season with **remaining Tuscan Heat Spice, salt, and pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; transfer chicken to a plate. Wipe out pan.



6 FINISH & SERVE

- To pot with **couscous**, add **juice from half the lemon, half the lemon zest, half the scallion greens, salt, and pepper**; stir to combine. **TIP: If couscous seems dry, add a splash of water. For extra richness, stir in 1 TBSP butter (2 TBSP for 4 servings).**
- Divide couscous, **chicken**, and **zucchini** between plates. Spoon **sauce** over chicken. Top with remaining scallion greens and lemon zest. Serve.

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