



LEMONY HERBED CHICKEN & COUSCOUS SKILLET

with Green Beans & Parsley

INGREDIENTS

2 PERSON | 4 PERSON



2 Clove(s) | 4 Clove(s)
Garlic



1 TBSP | 1 TBSP
Fry Seasoning



6 oz | 12 oz
Green Beans



1 | 2
Lemon



¼ oz | ½ oz
Parsley



1 tsp | 2 tsp
Dried Thyme



1 | 2
Mushroom Stock
Concentrate



5 oz | 10 oz
Israeli Couscous
Contains: Wheat



2 | 4
Chicken Stock
Concentrates



10 oz | 20 oz
Chopped Chicken
Breast



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.



HelloCustom

2 PERSON | 4 PERSON

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



10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 500



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 580



HELLO

ISRAELI COUSCOUS

These tiny, toasty pasta pearls become pleasantly chewy once cooked.

LEMON SQUEEZY

Try rolling the lemon under your palm on the countertop before quartering. This hack softens the citrus fruit, making it easier to get all of that juice when you squeeze it.

BUST OUT

- Medium pan
- Large pan
- Kosher Salt
- Black Pepper
- Cooking Oil

MORE IS MORE

For **2X protein or veggies**, cook in batches or larger cooking vessels (this may require longer cook times—follow the visual and temperature cues). For **3 servings**, reduce the seasoning (and any other ingredients for the protein) by a quarter if the protein is less than the 4-serving amount. For **6 servings**, simply triple the 2-serving recipe.

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

HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your **#HelloFreshPics** with us **@HelloFresh**



1 START PREP

- Wash and dry produce.
- Peel and mince or grate **garlic**.



3 FINISH PREP & COOK BEANS

- Meanwhile, trim **green beans** if necessary. Quarter **lemon**. Roughly chop **parsley**.
- Heat a **drizzle of oil** in a large pan (**second large pan for 4 servings**) over medium-high heat. Add green beans and season with **salt** and **pepper**. Cook, stirring occasionally, until browned and tender, 3-6 minutes.



2 MAKE SKILLET

- Open package of **chicken*** and drain off any excess liquid.
- Heat a **drizzle of oil** in a medium pan (**large pan for 4 servings**) over medium-high heat. Add chicken in a single layer; season with **thyme**, **half the Fry Seasoning (all for 4)**, **salt**, and **pepper**. Cook, stirring occasionally, until chicken is browned, 1-2 minutes (**it'll finish cooking later in this step**).
- Add **garlic** and **couscous**; cook, stirring, until garlic is fragrant and couscous is toasted, 30-60 seconds.
- Stir in **mushroom stock concentrate**, **chicken stock concentrates**, **1½ cups water (2¼ cups for 4)**, and a **pinch of salt**. Cover and bring to a boil. Once boiling, reduce heat to low and cook until chicken is cooked through, couscous is tender, and water has absorbed, 12-14 minutes. Keep covered off heat until ready to serve.

- 🍷 Rinse **shrimp*** under cold water, then pat dry with paper towels. Swap in shrimp for chicken.



4 FINISH & SERVE

- Squeeze **juice from two lemon wedges (four wedges for 4 servings)** over **chicken and couscous**; garnish with **parsley**. **TIP: Add half the lemon juice to start, then taste and add more if you like!**
- Divide chicken and couscous between shallow bowls or serve directly from pan. Serve with **green beans** and remaining lemon wedges on the side.

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

🍷 *Shellfish is fully cooked when internal temperature reaches 145°.