



# Mozzarella & Herb Chicken

with Roasted Broccoli & Buttery Couscous

**New & Improved** 30-40 Minutes Calories: 840 Protein: 57 g



## Ingredients 2 Person | 4 Person



1 | 1  
Lemon



8 oz | 16 oz  
Broccoli



1 TBSP | 1 TBSP  
Italian  
Seasoning



1½ TBSP | 3 TBSP  
Sour Cream



12 oz | 24 oz  
Chicken  
Cutlets



¼ Cup(s) | ½ Cup(s)  
Panko  
Breadcrumbs



½ Cup(s) | 1 Cup(s)  
Mozzarella  
Cheese



¾ Cup(s) | 1½ Cup(s)  
Israeli  
Couscous



1 | 2  
Chicken Stock  
Concentrate

## Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.



## Hello

### Mozzarella & Herb Crust

Melty cheese + seasoned panko = a crunchy layer of golden-brown goodness.

## Before you start

### We Propose a Toast

When toasting the couscous in Step 5, stir until the pearls are evenly coated in butter and lightly golden. Toasting helps turn up the little pasta's natural nuttiness, providing an extra layer of savory flavor.

## Cooking tools

zester, medium bowl, paper towels, baking sheet, small pot

## Pantry ingredients

kosher salt, black pepper, olive oil, butter

## Nutrition

Nutrients	per serving
Calories:	840
Total Fat:	41g
Saturated Fat:	15g
Sodium:	570mg
Total Carbohydrate:	62g
Dietary Fiber:	5g
Added Sugars:	1g
Protein:	57g

## Allergens

sour cream (contains: milk), panko breadcrumbs (contains: wheat), mozzarella cheese (contains: milk), israeli couscous (contains: wheat), butter (contains: milk)

## Cook for YOUR Crowd

Our recipes are customizable!

**Double Protein/Veggies?** Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

**Making 3 Servings?** Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

**Making 6 Servings?** Just triple the 2-serving recipe—easy!

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



### 1 Prep

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Zest and quarter **lemon**.
- Cut **broccoli** into bite-size pieces if necessary.



### 4 Roast Chicken & Broccoli

- Toss **broccoli** on opposite side of sheet from **chicken** with a **large drizzle of olive oil** and a **pinch of salt and pepper**. (**For 4 servings, add broccoli to a second baking sheet; roast on middle rack.**)
- Roast on top rack until chicken is golden brown and cooked through and broccoli is slightly crispy, 18-22 minutes. **TIP: If broccoli is finished before chicken, remove from oven and continue roasting chicken.**

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



Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to [hellofresh.com/about/faq](https://hellofresh.com/about/faq) for safe cooking guidelines.



### 2 Mix Panko

- In a medium bowl, combine **panko, mozzarella, 1 tsp Italian Seasoning (2 tsp for 4 servings), 1 TBSP olive oil (2 TBSP for 4), salt, and pepper**. (**Be sure to measure the Italian Seasoning—we sent more.**)



### 5 Cook Couscous

- While chicken and broccoli roast, melt **1 TBSP butter (2 TBSP for 4 servings)** in a small pot over medium-high heat. Add **couscous** and a **pinch of salt**. Cook, stirring, until toasted, 2-3 minutes.
- Add **¾ cup water (1½ cups for 4)** and **stock concentrate**. Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes.
- Turn off heat. Drain any excess liquid if necessary.



### 3 Coat Chicken

- Pat **chicken\*** dry with paper towels; season all over with **salt and pepper**.
- Lightly coat a baking sheet with a **drizzle of olive oil**. Place chicken on one side of sheet (**for 4 servings, place across entire sheet**).
- Evenly spread **sour cream** onto tops of chicken, then mound with **panko mixture**, pressing firmly to adhere (**no need to coat the undersides**).



### 6 Finish & Serve

- Once chicken is done, stir **1 TBSP butter (2 TBSP for 4 servings)** into **couscous** until melted. Stir in **lemon zest and lemon juice** to taste; season with **salt and pepper**.
- Divide **couscous, chicken, and broccoli** between plates. Serve with any **remaining lemon wedges** on the side.

## How was your meal?

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