



CRISPY PARMESAN CHICKEN

with Garlic Herb Couscous and Lemony Roasted Carrots



HELLO

GARLIC HERB BUTTER

Aromatic garlic and a garden's worth of herbs are blended into butter for rich, luxuriant flavor.

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 730



Carrots



Lemon



Parmesan Cheese
(Contains: Milk)



Chicken Breasts



Israeli Couscous
(Contains: Wheat)



Scallions



Panko Breadcrumbs
(Contains: Wheat)



Hot Smoked
Paprika



Sour Cream
(Contains: Milk)



Garlic Herb Butter
(Contains: Milk)

START STRONG

We like using a microplane or dedicated zester for zesting citrus. If you don't have one, use a peeler or paring knife to remove just the yellow surface layer from the lemon, then finely mince it.

BUST OUT

- Medium pot
- Strainer
- Peeler
- Kosher salt
- Zester
- Black pepper
- Small bowl
- Paper towels
- Baking sheet
- Olive oil (4 tsp | 4 tsp)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Carrots **12 oz** | **24 oz**
- Scallions **2** | **4**
- Lemon **1** | **1**
- Panko Breadcrumbs **¼ Cup** | **½ Cup**
- Parmesan Cheese **¼ Cup** | **½ Cup**
- Hot Smoked Paprika **1 tsp** | **2 tsp**
- Chicken Breasts* **12 oz** | **24 oz**
- Sour Cream **2 TBSP** | **4 TBSP**
- Israeli Couscous **½ Cup** | **1 Cup**
- Garlic Herb Butter **2 TBSP** | **4 TBSP**

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

HelloFRESH



1 PREP

Adjust rack to middle position and preheat oven to 425 degrees. Bring a medium pot of **salted water** to a boil. **Wash and dry all produce.** Trim, peel, and halve **carrots**; cut crosswise into 2-inch pieces. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**.



4 COOK COUSCOUS

Meanwhile, add **couscous** to pot of boiling water. Cook until tender, 6-8 minutes. Drain thoroughly. Melt **garlic herb butter** in empty pot over medium heat. Add **scallion whites** and cook until softened, 30 seconds to 1 minute. Return couscous to pot and stir until coated. Taste and season with **salt** and **pepper**.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com



2 COAT CHICKEN

In a small bowl, combine **panko**, **Parmesan**, **paprika**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Pat **chicken** dry with paper towels; season all over with salt and pepper. Place on one side of a baking sheet. Spread tops of chicken breasts with **sour cream**. Mound with panko mixture, pressing to adhere.



5 FINISH CARROTS

Once **carrots** are done roasting, remove from oven and toss with **lemon zest** and a large squeeze of **lemon juice**.



3 ROAST CHICKEN AND CARROTS

Toss **carrots** on opposite side of baking sheet from chicken with a large drizzle of **olive oil**, **salt**, and **pepper**. (For 4 servings, toss carrots on a separate sheet.) Roast on middle rack (for 4, roast chicken on middle rack and carrots on top rack) until chicken is cooked through and carrots are browned and tender, 15-20 minutes. Transfer chicken to a plate to rest. **TIP:** If carrots are done before chicken is cooked through, remove from sheet and continue roasting chicken.



6 SERVE

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

EXTRA MILE

Have some flaky sea salt on hand you've been dying to try? We love it sprinkled on these roasted carrots for a bright, crunchy pop.

WK 40 NJ-1