



HALL OF FAME

# CRISPY PARMESAN CHICKEN

with Garlic Herb Couscous and Lemony Roasted Carrots



HELLO

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Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

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

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## 1 PREP

Adjust rack to middle position (middle and top positions for 4 servings) 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, 30-60 seconds. Return couscous to pot and stir until coated. Taste and season with **salt** and **pepper**.



## 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 (for 4 servings, spread out across whole 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.

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