



HALL OF FAME

# CRISPY PARMESAN CHICKEN

with Garlic Herb Couscous & 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: 720



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 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.



## 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-thick 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, 1 minute. Return couscous to pot and stir until coated. Taste and season with **salt** and **pepper**. Turn off heat.



## 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 entire sheet). Spread tops of chicken with **sour cream**. Mound with **panko mixture**, pressing to adhere (no need to coat the undersides).



## 5 FINISH CARROTS

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



## 3 ROAST CHICKEN & CARROTS

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