

HALL OF FAME

CRISPY PARMESAN CHICKEN

with Garlic Herb Couscous & Lemony Roasted Carrots



HELLO -

HALL OF FAME

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





Carrots

Scallions



Lemon



Parmesan Cheese





Sour Cream (Contains: Milk)



Israeli Couscous



Garlic Herb Butter (Contains: Milk)



Hot Smoked Paprika

25.1 CRISPY PARMESAN CHICKEN_NJ.indd 1 5/28/20 10:05

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

ScallionsLemon

2 | 4

Panko Breadcrumbs

1 | 1 ½ Cup

Parmesan Cheese

1/4 Cup | 1/2 Cup

Hot Smoked Paprika

1tsp | 2 tsp

Chicken Breasts*

12 oz | 24 oz

Sour Cream

2 TBSP | 4 TBSP

Israeli Couscous

1/2 Cup | 1 Cup

· Garlic Herb Butter

2 TBSP | 4 TBSP





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**.



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.



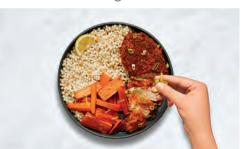
2 COAT CHICKEN
In a small bowl, combine panko,
Parmesan, paprika, a large drizzle of
olive oil, and a pinch of salt and pepper.
Pat chicken dry with paper towels;
season all over with salt and pepper.
Place on one side of a baking sheet (for 4 servings, spread out across entire sheet).
Spread tops of 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.



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.



SERVEDivide **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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^{*} Chicken is fully cooked when internal temperature reaches 165 degrees.