



# LEMON DILL CHICKEN & COUSCOUS BOWLS

with Tomato Salad, Garlicky Yogurt Sauce & Almonds

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Lemon



1 | 2  
Tomato



2 | 4  
Scallions



¼ oz | ¼ oz  
Dill



¾ Cup | 1½ Cups  
Israeli Couscous  
Contains: Wheat



1 | 2  
Chicken Stock  
Concentrate



1 tsp | 1 tsp  
Turmeric



1 tsp | 2 tsp  
Dried Oregano



2 TBSP | 4 TBSP  
Yogurt  
Contains: Milk



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



1 tsp | 2 tsp  
Garlic Powder



10 oz | 20 oz  
Chicken Breast  
Strips



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts



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### ISRAELI COUSCOUS

This tiny toasted pasta (also known as pearly couscous) has a nutty taste and a fun, springy texture.



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 620





### THE RIGHT FLUFF

A fork is the ideal tool for gently fluffing the couscous—the utensil helps you separate the pearls, preserving their texture.

### BUST OUT

- Zester
- Small pot
- Small bowl
- Medium bowl
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)

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### 1 PREP

- **Wash and dry produce.**
- Zest and quarter **lemon**. Finely dice **tomato**. Trim and thinly slice **scallions**. Roughly chop **half the dill** (all for 4 servings).



### 4 MAKE TOMATO SALAD

- In a medium bowl, combine **tomato**, **scallions**, a **squeeze of lemon juice**, a **drizzle of olive oil**, and a **pinch of salt and pepper**.



### 2 MAKE COUSCOUS

- In a small pot, combine **couscous**, **stock concentrate**, **half the turmeric** (all for 4 servings), **half the oregano** (you'll use the rest later), **1 cup water** (2 cups for 4), and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes. Keep covered off heat until ready to serve.



### 5 COOK CHICKEN

- Pat **chicken\*** dry with paper towels and season all over with **remaining garlic powder**, **remaining oregano**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



### 3 MAKE SAUCE

- In a small bowl, stir together **yogurt**, **sour cream**, **half the garlic powder** (you'll use the rest later), and a **squeeze of lemon juice** until combined. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Taste and season with **salt** and **pepper**.



### 6 FINISH & SERVE

- Fluff **couscous** with a fork. Stir **almonds**, **dill**, a **drizzle of olive oil**, and **lemon zest** to taste into pot with couscous. Taste and season with **salt** and **pepper**.
- Divide couscous between bowls; top with **chicken** and **tomato salad** in separate sections and drizzle with **sauce**. Serve with **remaining lemon wedges** on the side.

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