



## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Lemon



1 Clove | 2 Cloves  
Garlic



12 oz | 24 oz  
Carrots



1 | 2  
Green Herb  
Blend



1 tsp | 1 tsp  
Turmeric



1 TBSP | 2 TBSP  
Za'atar Spice



2 | 4  
Chicken Stock  
Concentrates



½ Cup | 1 Cup  
White Quinoa



4 TBSP | 8 TBSP  
Sour Cream  
Contains: Milk



10 oz | 20 oz  
Chicken Cutlets



2 tsp | 4 tsp  
Honey



1 tsp | 1 tsp  
Hot Sauce

## HELLO

### GREEN GODDESS

This mix of sour cream, parsley, chives, lemon juice, and garlic adds tangy, herbaceous contrast to seared, spiced chicken.

# LEMON ZA'ATAR CHICKEN

with Green Goddess Dressing, Turmeric Quinoa & Honey Roasted Carrots



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 600





## MAKE IT GRAIN

Fluffing quinoa before serving is a simple (but essential!) step. Why go to the trouble? A fork helps make sure each grain keeps its individual texture, yielding light and tender results (the way it's meant to be).

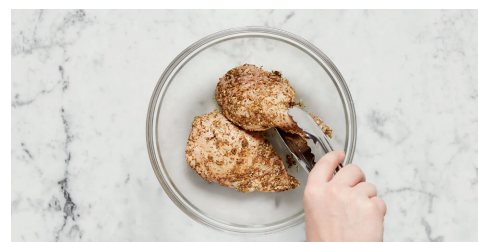
## BUST OUT

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



## 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Zest and quarter **lemon** (for 4 servings, zest one and quarter both). Peel and mince **garlic**. Trim, peel, and cut **carrots** into long, thin sticks (ours were 3 inches long and 1/3 inch wide). Finely chop **parsley** and **chives**.



## 2 MARINATE CHICKEN

- Pat **chicken\*** dry with paper towels. Add to a medium bowl along with **Za'atar Spice**, **juice from two lemon wedges** (four wedges for 4 servings), **salt**, and **pepper**. Turn chicken to coat. Set aside to marinate.



## 3 COOK QUINOA

- In a small pot, combine **1 cup water** (2 cups for 4 servings), **stock concentrates**, **half the garlic**, **half the turmeric** (all for 4), and a **pinch of salt**. Bring to a boil, then stir in **quinoa**; cover and reduce heat to low. Cook until quinoa is tender and liquid has evaporated, 15-20 minutes.
- Keep covered off heat until ready to serve.



## 4 ROAST CARROTS

- While quinoa cooks, toss **carrots** on a baking sheet with a **drizzle of oil**; season with **salt** and **pepper**.
- Roast on top rack until browned and tender, 15-20 minutes.



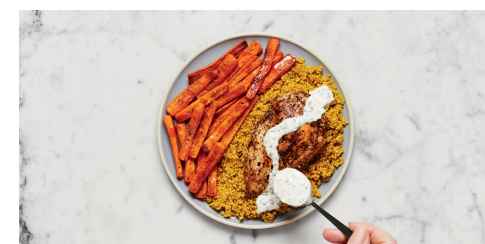
## 5 MAKE DRESSING

- While carrots roast, in a small bowl, combine **sour cream**, **parsley**, **chives**, **juice from remaining lemon**, 1/2 tsp **water**, and **remaining garlic** to taste. Season with **salt** and **pepper**.



## 6 COOK CHICKEN

- Heat a **drizzle of oil** in a large pan over medium heat. Add **chicken**; cook until browned and cooked through, 3-5 minutes per side. **TIP: Lower heat if chicken begins to brown too quickly.**



## 7 FINISH & SERVE

- Drizzle roasted **carrots** with **honey** and **hot sauce** to taste. Sprinkle with **lemon zest** to taste; toss on sheet to coat. **TIP: We recommend using tongs here.**
- Fluff **quinoa** with a fork and season with **salt** (we used 1/4 tsp; 1/2 tsp for 4 servings) and **pepper**. **TIP: For extra richness, stir in 1 TBSP butter.**
- Divide quinoa between plates. Top with **lemon za'atar chicken** and drizzle with **green goddess dressing**. Serve honey roasted carrots on the side.

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

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