

INGREDIENTS

2 PERSON | 4 PERSON



Carrots



¼ Cup | ½ Cup Panko Breadcrumbs Contains: Wheat



1 TBSP | 1 TBSP Italian Seasoning



1 tsp | 1 tsp Chili Flakes

Lemon

½ Cup | 1 Cup

Mozzarella Cheese Contains: Milk

10 oz | 20 oz Chicken Cutlets*



2.5 oz | 5 oz Israeli Couscous Contains: Wheat



2 TBSP | 4 TBSP Sour Cream Contains: Milk



1 2 Chicken Stock Concentrate

* In our ongoing effort towards sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one packagerest assured it contains the correct amount.

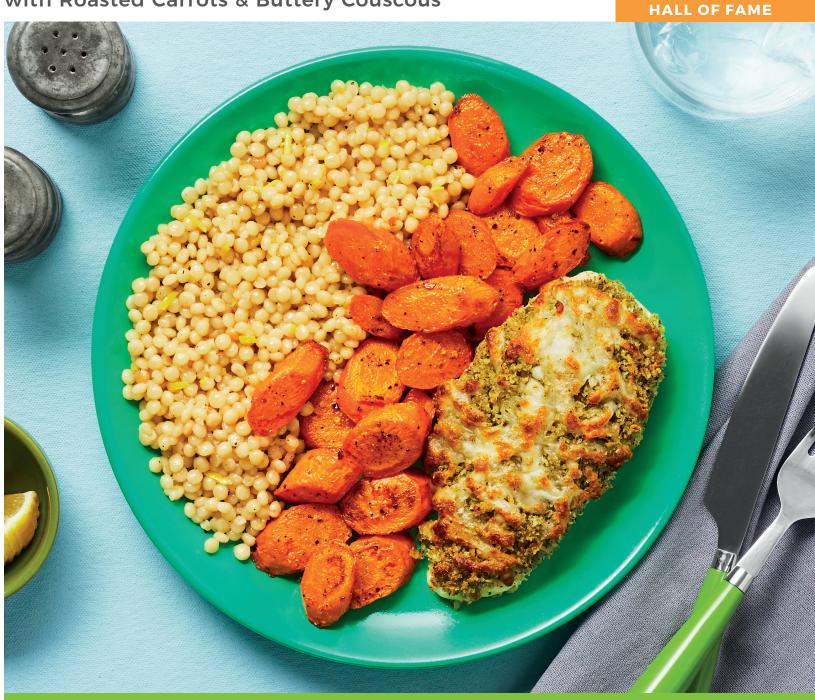
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HALL OF FAME

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

MOZZARELLA & HERB CHICKEN

with Roasted Carrots & Buttery Couscous



PREP: 5 MIN

COOK: 30 MIN

CALORIES: 780

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WE PROPOSE A TOAST

When toasting the couscous in step 5, stir until the pearls are evenly coated in butter and lightly golden. Toasting helps turn up the grain's natural nuttiness, providing an extra layer of savory flavor.

BUST OUT

- Peeler
- Zester
- Medium bowl
- Baking sheet
- Paper towels
- Small pot
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 7 tsp)
- Butter (2 TBSP | 4 TBSP)

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



1 PREP

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Trim, peel, and cut carrots on a diagonal into ½-inch-thick pieces. Zest and quarter lemon.



2 MIX PANKO & START CARROTS

- In a medium bowl, combine panko, mozzarella, I tsp Italian Seasoning (2 tsp for 4 servings), I TBSP olive oil (2 TBSP for 4), salt, and pepper. (Be sure to measure the Italian Seasoning; we sent more.)
- Toss carrots on one side of a baking sheet with a drizzle of olive oil, salt, pepper, and a pinch of chili flakes to taste. (For 4, spread carrots out across entire baking sheet.)
- Roast on the top rack for 5 minutes (you'll add the chicken to the baking sheet then).



3 COAT CHICKEN

- Pat chicken* dry with paper towels; season all over with salt and pepper.
- Evenly spread sour cream onto tops of chicken, then mound with panko mixture, pressing firmly to adhere (no need to coat the undersides).



4 ROAST CARROTS & CHICKEN

- Once carrots have roasted 5 minutes, remove sheet from oven and carefully place chicken on empty side. (For 4 servings, leave carrots roasting and add chicken to a second baking sheet.)
- Roast on top rack until chicken is golden brown and cooked through and carrots are browned and tender, 15-20 minutes. TIP: If carrots are done before chicken, remove from oven and continue roasting chicken.



5 COOK COUSCOUS

- While carrots and chicken roast, melt
 1 TBSP butter (2 TBSP for 4 servings)
 in a small pot over medium-high
 heat. Add couscous and a pinch
 of salt. Cook, stirring, until toasted,
 2-3 minutes.
- Add 3/4 cup water (11/2 cups for 4) and stock concentrate. Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender 6-8 minutes
- Turn off heat. Drain any excess liquid if necessary.



- Once chicken is done, stir 1 TBSP butter (2 TBSP for 4 servings) into couscous until melted. Stir in lemon zest and lemon juice to taste; season with salt and pepper.
- Divide couscous, chicken, and carrots between plates. Serve with any remaining lemon wedges on the side.

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