



INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 | 1
Lemon



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



½ Cup | 1 Cup
Mozzarella Cheese
Contains: Milk



1 TBSP | 1 TBSP
Italian Seasoning



1 tsp | 1 tsp
Chili Flakes



10 oz | 20 oz
Chicken Cutlets*



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



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 package—rest assured it contains the correct amount.

HELLO

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

HALL OF FAME



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 780



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)
Contains: Milk

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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**.



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.**



2 MIX PANKO & START CARROTS

- In a medium bowl, combine **panko**, **mozzarella**, **1 tsp Italian Seasoning (2 tsp for 4 servings)**, **1 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**).



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 **¾ cup water (1½ 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.



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**).



6 FINISH & SERVE

- 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.

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