



MUSHROOM GRAVY CHICKEN

over Couscous with Lemony Arugula



HELLO

MUSHROOM GRAVY

Flavorful fungi are simmered in a mix of mustard, thyme, and sour cream.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 560



Button Mushrooms



Thyme



Israeli Couscous
(Contains: Wheat)



Sour Cream
(Contains: Milk)



Lemon



Garlic



Chicken Breasts



Chicken Stock
Concentrate



Dijon Mustard



Arugula

START STRONG

Scrape the pan as you add the liquids in step 5 to release the *fond*—those are the browned bits stuck to the bottom, which pack loads of flavor.

BUST OUT

- Medium pot
- Large pan
- Baking sheet
- Strainer
- Medium bowl
- Olive oil (5 tsp | 10 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Button Mushrooms 4 oz | 8 oz
- Garlic 2 Cloves | 2 Cloves
- Thyme ¼ oz | ¼ oz
- Chicken Breasts 12 oz | 24 oz
- Israeli Couscous ½ Cup | 1 Cup
- Chicken Stock Concentrate 1 | 2
- Dijon Mustard 1 tsp | 2 tsp
- Sour Cream 4 TBSP | 8 TBSP
- Lemon 1 | 1
- Arugula 2 oz | 4 oz

HELLO WINE



PAIR WITH
Abbiocco Umbria Rosso, 2015

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HelloFRESH



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 350 degrees. Bring a medium pot of salted water to a boil. Trim, then thinly slice mushrooms. Thinly slice garlic. Pick 1 tsp thyme leaves from stems (save remaining sprigs for sauce).



4 COOK MUSHROOMS

Heat a drizzle of olive oil in pan used for chicken over medium heat. Add mushrooms and cook, tossing, until tender and browned, 3-4 minutes. Add garlic and cook until fragrant, about 30 seconds. Season with salt and pepper.



2 COOK CHICKEN

Heat a large drizzle of olive oil in a large pan over medium-high heat. Season chicken all over with salt and pepper. Cook in pan until browned on surface, 2-3 minutes per side. Transfer to a baking sheet. Bake in oven until no longer pink in center, 10-11 minutes. Let rest 5 minutes after removing from oven.



5 SIMMER SAUCE

Stir stock concentrate, ½ cup water, and thyme sprigs into pan while scraping up any browned bits on bottom. Reduce heat to low and simmer until reduced by half, 2-3 minutes. Remove pan from heat and let cool 1-2 minutes, then stir in mustard and sour cream. Season with salt and pepper. Discard thyme sprigs. Meanwhile, halve lemon; cut one half into wedges.



3 COOK COUSCOUS

Once water is boiling, add couscous to pot. Cook until al dente, 8-9 minutes, then drain.



6 TOSS SALAD AND SERVE

Toss arugula with a squeeze of lemon and a large drizzle of olive oil in a medium bowl. Season with salt and pepper. Divide couscous between plates and arrange chicken on top. Drizzle with mushroom sauce and sprinkle with reserved thyme leaves (to taste). Serve with salad and lemon wedges on the side.

THUMBS UP!

Creamy, comforting chicken always gets our seal of approval.

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