



20-MIN MEAL

ONE-PAN CHICKEN AND COUSCOUS PILAF

with Peas, Almonds, and Spicy Crema



HELLO ALMONDS

These nuts add more than just crunch: they're a great source of calcium, magnesium, and fiber, too!

PREP: 5 MIN | **TOTAL: 20 MIN** | **CALORIES: 750**

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|--|---|--|--|---|--|
| 
Chicken Breasts | 
Couscous
<small>(Contains: Wheat)</small> | 
Roma Tomato | 
Hot Sauce | 
Peas | 
Lemon |
| 
Chicken Stock Concentrate | 
Scallions | 
Sour Cream
<small>(Contains: Milk)</small> | 
Turkish Spice Blend | 
Sliced Almonds
<small>(Contains: Tree Nuts)</small> | |

START STRONG

If you don't have a microwave to use in step 2, bring the water and stock to a boil in a small pot, then stir in the couscous, butter, and salt. Keep covered off heat until you're ready to add the veggies.

BUST OUT

- Paper towel
- Small bowl
- Medium pan
- Medium bowl
- Plastic wrap
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Chicken Breasts 12 oz | 24 oz
- Chicken Stock Concentrate 1 | 2
- Couscous ½ Cup | 1 Cup
- Scallions 2 | 4
- Roma Tomato 1 | 2
- Sour Cream 4 TBSP | 8 TBSP
- Hot Sauce 1 tsp | 2 tsp
- Peas 4 oz | 8 oz
- Sliced Almonds 1 oz | 2 oz
- Turkish Spice Blend 1 TBSP | 1 TBSP
- Lemon 1 | 2

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 COOK CHICKEN

Wash and dry all produce. Pat **chicken** dry with a paper towel. Season all over with plenty of **salt** and **pepper**. Heat a large drizzle **olive oil** in a medium pan over medium-high heat. Add chicken and cook until browned on surface and no longer pink in center, 5-7 minutes per side. Transfer to a plate and set aside.



4 COOK VEGGIES

Melt **1 TBSP butter** in pan used for chicken over medium-high heat. Stir in **peas**, **tomato**, half the **scallions**, half the **almonds**, half the **Turkish spice** (use the rest as you like), and a large pinch of **salt**. Cook, stirring, until fragrant and peas are warmed through, about 1 minute.



2 STEAM COUSCOUS

Meanwhile, place ⅔ **cup water** and **stock concentrate** in a medium, microwave-safe bowl. Microwave on high until very hot, about 2 minutes. Carefully remove bowl from microwave and stir in **couscous**, **1 TBSP butter**, and a large pinch of **salt**. Cover with plastic wrap and set aside.



5 STIR COUSCOUS

Remove plastic wrap from bowl with **couscous**. Fluff couscous with a fork. Stir in **veggies** from pan. Season with **salt** and **pepper**.



3 PREP VEGGIES AND MAKE CREMA

Meanwhile, trim and thinly slice **scallions**. Core and dice **tomato**. In a small bowl, mix **sour cream**, **hot sauce** (to taste), and a pinch of **salt**. Stir in **water**, 1 tsp at a time, until you reach a loose, drizzly consistency.



6 PLATE AND SERVE

Divide **couscous** and **chicken** between plates. (**TIP:** Slice chicken first for easier eating.) Drizzle with **crema**. Garnish with remaining **scallions** and **almonds**. Cut **lemon** into quarters and serve on the side for squeezing over.

EASY-PEASY!

This is one-pan cooking at its finest.

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