



INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Yellow Onion



3 oz | 6 oz
Carrot



1 | 2
Roma Tomato



10 oz | 20 oz
Chicken Cutlets**



1 TBSP | 2 TBSP
Tunisian Spice Blend



¾ Cup | 1½ Cups
Israeli Couscous
Contains: Wheat



1 tsp | 2 tsp
Garlic Powder



1 | 2
Chicken Stock Concentrate



1 oz | 2 oz
Dried Apricots



1 | 1
Lemon



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk

** In our ongoing effort toward 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

TUNISIAN SPICE BLEND

This aromatic blend—including caraway, smoked paprika, and turmeric—adds warming, North African flavor to chicken.

ONE-PAN MOROCCAN CHICKEN & COUSCOUS

with Pistachios & Creamy Lemon Garlic Sauce

ONE PAN



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 750



DRY, DRY AGAIN

Why do we always ask you to pat your chicken dry with paper towels? Blotting out as much moisture as possible allows the seasonings to really stick, and ensures even browning once the chicken hits the hot pan for deliciously crispy, caramelized edges.

BUST OUT

- Peeler
- Paper towels
- Large pan
- Zester
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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



1 START PREP

- Wash and dry produce.
- Halve, peel, and dice **onion** into ½-inch pieces. Trim, peel, and halve **carrot** lengthwise; thinly slice crosswise. Dice **tomato** into ½-inch pieces.



4 COOK COUSCOUS & CHICKEN

- Stir **couscous**, **apricots**, **stock concentrate**, **2 cups water** (4 cups for 4 servings), and ½ **tsp salt** (1 tsp for 4) into pan with **veggies**. Cover and bring to a boil, then reduce heat to medium; place **chicken** in the center of pan. Cook, covered, until chicken is cooked through, couscous is tender, and liquid is mostly absorbed, 6-8 minutes **TIP: For thinner chicken cutlets, check doneness after 5 minutes; remove if cooked through. Check on couscous periodically; if liquid evaporates before it's done, add splashes of water as needed. Or, if you end up with any excess liquid, remove chicken, then increase heat to medium high and continue cooking until excess liquid evaporates.**



2 SEAR CHICKEN

- Pat **chicken*** dry with paper towels. Season all over with **half the Tunisian Spice** (you'll use the rest in the next step), **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and sear until browned, 2-3 minutes per side (it'll finish cooking later). **TIP: Lower heat if chicken begins to brown too quickly.**
- Remove from pan and set aside.



5 FINISH PREP & MAKE SAUCE

- Meanwhile, zest and quarter **lemon**. Roughly chop **pistachios**.
- In a small bowl, combine **sour cream**, **remaining garlic powder**, a **squeeze of lemon juice**, and a **pinch of lemon zest**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



3 COOK VEGGIES

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **onion**, **carrot**, **half the garlic powder** (you'll use the rest later), **remaining Tunisian Spice**, **salt**, and **pepper**. Cook, stirring occasionally, until softened, 4-6 minutes.



6 FINISH & SERVE

- Remove **chicken** from pan; set aside to rest.
- Stir **tomato**, **1 TBSP butter** (2 TBSP for 4 servings), and a **squeeze of lemon juice** into pan with **couscous**. Taste and season with **salt** and **pepper**.
- Slice chicken crosswise.
- Divide couscous between plates; top with chicken. Drizzle **sauce** over chicken. Garnish with **pistachios** and as much **lemon zest** as you like. Serve with any **remaining lemon wedges** on the side.