

# **INGREDIENTS**

2 PERSON | 4 PERSON



1 | 2 Yellow Onion



10 oz | 20 oz Chicken Cutlets\*\*



1 tsp | 2 tsp Garlic Powder



1|1 Lemon



3 oz | 6 oz Carrot

1 TBSP | 2 TBSP

Tunisian Spice Blend



1 | 2 Roma Tomato



3⁄4 Cup | 11⁄2 Cups Israeli Couscous Contains: Wheat



1 | 2 Chicken Stock Concentrate



½ oz | 1 oz Pistachios Contains: Tree Nuts



1 oz | 2 oz

Dried Apricots

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.

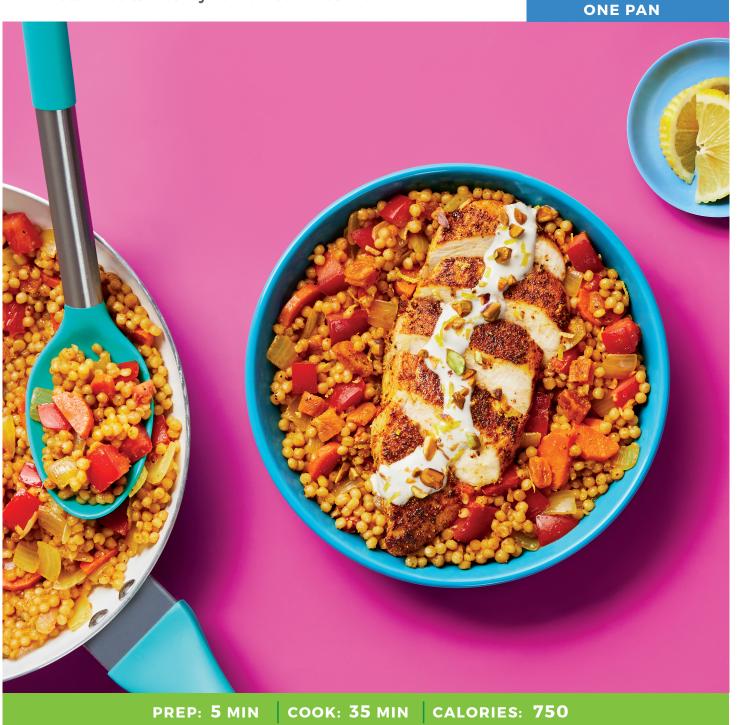
# **HELLO**

# **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



17



# **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

#### **GET SOCIAL**

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663 HelloFresh.com

 $^{\ast}$  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.



# **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.



## **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.



# **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.



# **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.



- 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.

WK 51-17