



BERBERE CHICKEN

with Cilantro Couscous and Lemon-Yogurt Sauce



HELLO

BERBERE SPICE

A key ingredient in Ethiopian cuisine, it marries heady aromatics with a dash of mild chili heat

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 530



Chicken Breasts



Zucchini



Garlic



Cilantro



Lemon



Berberé Spice Blend



Greek Yogurt



Onion, chopped



Moroccan Couscous



Chicken Broth Concentrate



Chili Flakes

BUST OUT

- Zester
- Measuring Cups
- Medium Bowl
- Small Bowl
- Large Non-Stick Pan
- Salt and Pepper
- 2 Baking Sheets
- Olive or Canola oil
- Medium Pot

INGREDIENTS

2-person | 4-person

• Chicken Breasts	1 pkg	2 pkg
• Zucchini	227 g	454 g
• Garlic	1 pkg (10 g)	2 pkg (20 g)
• Cilantro	1 pkg (10 g)	1 pkg (10 g)
• Lemon	1	2
• Berbere Spice Blend	1 pkg (1 tbsp)	2 pkg (2 tbsp)
• Greek Yogurt 2	1 pkg (100 g)	2 pkg (200 g)
• Onion, chopped	1 pkg (56 g)	2 pkg (113 g)
• Moroccan Couscous 1	1 pkg (½ cup)	2 pkg (1 cup)
• Chicken Broth Concentrate	1	2
• Chili Flakes 🌶️	1 pkg (1 tsp)	1 pkg (1 tsp)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- | | |
|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix |
| 1 Wheat/Blé | 6 Mustard/Moutarde |
| 2 Milk/Lait | 7 Peanut/Cacahuète |
| 3 Egg/Oeuf | 8 Sesame/Sésame |
| 4 Soy/Soja | 9 Sulphites/Sulfites |

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 175°F.



START STRONG



Preheat the oven to **400°F** (to roast the zucchini and chicken). Start prepping when the oven comes up to temperature!



1 MARINATE CHICKEN Wash and dry all produce.* Cut the **zucchini** into ½-inch cubes. Mince or grate the **garlic**. Roughly chop the **cilantro**. Zest the **lemon(s)**, then cut into wedges. In a medium bowl, mix together the **spice blend** and **half the yogurt**. Season with **salt** and **pepper**. Add the **chicken** and toss to coat.



4 COOK COUSCOUS Meanwhile, heat a medium pot over medium heat. Add a drizzle of **oil**, then the **onion**. Cook until golden-brown, 4-5 min. Add the **couscous** and **garlic**. Stir for 1 min. Add the **broth concentrate(s)** and **¾ cup water** (double for 4 ppl). Bring to a boil, then reduce the heat to low. Cover and remove from heat. Set aside until all the water is absorbed, 5-6 min.



2 ROAST CHICKEN Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **chicken**. Cook until golden-brown, 2-3 min per side. Transfer the chicken to a parchment-lined baking sheet. Roast in the centre of the oven until the chicken is cooked through, 12-14 min. (**TIP:** Cook to a minimum internal temp. of 175°F.**)



5 MAKE SAUCE Meanwhile, in a small bowl, mix the **remaining yogurt**, **half the lemon zest** and **half the cilantro**. Season with **salt** and **pepper**. Squeeze in the juice of **one lemon wedge**, if desired.



3 ROAST ZUCCHINI Meanwhile, on another baking sheet, toss the **zucchini** with a drizzle of **oil**, and as much **chili flakes** as you like. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the zucchini softens, 10-12 min.



6 FINISH AND SERVE Stir the **remaining cilantro** into the **couscous**. Stir the **remaining lemon zest** into the **zucchini**. Divide the couscous, zucchini and **chicken** between plates. Drizzle the **yogurt sauce** over the chicken.

FLAWLESS!

Thanks to the yogurt marinade, this chicken is extra moist.

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