



# CARLA HALL'S SUMMERY LEMON CHICKEN

## with Tarragon Chimichurri



**HELLO**  
**EAT (RED) SAVE LIVES**  
 You're a key ingredient in the fight against AIDS.

**PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 720**



Tuscan Kale



Chicken Stock Concentrate



Garlic



Couscous  
 (Contains: Wheat)



Dijon Mustard



Chili Flakes



Lemons



Tarragon



Heirloom Grape Tomatoes



Chicken Breasts



Brown Sugar

## START STRONG

Encouragement from (RED) Chef Ambassador Carla Hall: *I'm thrilled to be a part of this effort with HelloFresh by sharing an easy-to-make, delicious recipe for you and your loved ones to enjoy.*

## BUST OUT

- Zester
- Medium bowl
- Small pot
- Large pan
- Paper towel
- 2 Small bowls
- Olive oil (5 TBSP | 10 TBSP)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- |                             |                           |
|-----------------------------|---------------------------|
| • Tuscan Kale               | <b>4 oz   8 oz</b>        |
| • Lemons                    | <b>2   4</b>              |
| • Chicken Stock Concentrate | <b>1   2</b>              |
| • Tarragon                  | <b>¼ oz   ½ oz</b>        |
| • Garlic                    | <b>1 Clove   2 Cloves</b> |
| • Heirloom Grape Tomatoes   | <b>4 oz   8 oz</b>        |
| • Couscous                  | <b>½ Cup   1 Cup</b>      |
| • Chicken Breasts           | <b>12 oz   24 oz</b>      |
| • Dijon Mustard             | <b>2 tsp   4 tsp</b>      |
| • Brown Sugar               | <b>1 TBSP   2 TBSP</b>    |
| • Chili Flakes              | <b>1 tsp   2 tsp</b>      |

## HELLO WINE



### PAIR WITH

Lustra Central Coast  
Chardonnay, 2015

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



## 1 MARINATE KALE

**Wash and dry all produce.** Remove stems and large ribs from **kale** and discard. Chop leaves into bite-sized pieces. Zest one **lemon** until you have 1 tsp zest, then cut into halves. Add kale, **zest**, and juice from one **lemon half** to a medium bowl. Season with **salt** and **pepper**. Massage leaves with hands until tender, then set aside.



## 4 COOK CHICKEN

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel, then season all over with **salt** and **pepper**. Add to pan and cook until browned on surface and no longer pink in center, 6-10 minutes per side. Remove from heat and let rest 5 minutes.



## 2 MAKE STOCK AND PREP

Bring **1 cup water**, **stock concentrate**, and a pinch of **salt** to a boil in a small pot. Pick **tarragon** leaves from stems; discard stems. Roughly chop leaves. Mince **1 clove garlic** (we sent more). Halve **grape tomatoes** lengthwise. Cut remaining **lemon** into wedges.



## 5 MAKE SAUCES

While chicken cooks, make the dressing: in a small bowl, whisk together **mustard**, **brown sugar**, **1 tsp tarragon**, **juice from remaining lemon half**, **4 TBSP olive oil**, and **salt** and **pepper** (to taste). In another small bowl, make the chimichurri: combine remaining **tarragon**, **garlic**, **chili flakes** (to taste), a squeeze of **lemon**, and a large drizzle of **olive oil**. Season with **salt** and **pepper**.



## 3 COOK COUSCOUS

Once **stock** is boiling, add **couscous** to pot. Remove from heat, cover, and set aside.



## 6 FINISH AND SERVE

Fluff **couscous** with a fork, then season with **lemon juice**, **salt**, and **pepper** (to taste). Toss **kale** in bowl with **tomatoes** and **1 TBSP dressing**. Divide **couscous**, kale mixture, and **chicken** between plates. Spoon over remaining dressing. Serve with **chimichurri** for dipping and **lemon wedges** on the side.

## 1 GOAL!

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