



CRUNCHY MOZZARELLA-CRUSTED CHICKEN

with Roasted Broccoli & Buttery Couscous



HELLO

MOZZARELLA CRUST

Melty cheese transformed into a crispy layer of golden-brown goodness

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 720**



Lemon



Mozzarella Cheese
(Contains: Milk)



Chicken Cutlets



Broccoli Florets



Chicken Stock Concentrate



Panko Breadcrumbs
(Contains: Wheat)



Italian Seasoning



Sour Cream
(Contains: Milk)



Israeli Couscous
(Contains: Wheat)

START STRONG

When toasting the couscous in step 5, stir until the pearls are evenly coated in butter and lightly golden. Toasting helps turn up the grain's natural nuttiness, providing an extra layer of savory flavor.

BUST OUT

- Zester
- Medium bowl
- Paper towels
- Baking sheet
- Small pot
- Olive oil (2 TBSP | 3 TBSP)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

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

- Lemon 1 | 1
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Mozzarella Cheese ½ Cup | 1 Cup
- Italian Seasoning 1 tsp | 2 tsp
- Chicken Cutlets* 10 oz | 20 oz
- Sour Cream 2 TBSP | 4 TBSP
- Broccoli Florets 8 oz | 16 oz
- Israeli Couscous ½ Cup | 1 Cup
- Chicken Stock Concentrate 1 | 2

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



1 PREP

Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. **Wash and dry all produce.** Zest and quarter **lemon**.



2 MIX PANKO

In a medium bowl, combine **panko**, **mozzarella**, **Italian Seasoning**, **1 TBSP olive oil** (2 TBSP for 4 servings), **salt**, and **pepper**.



3 COAT CHICKEN

Pat **chicken** dry with paper towels and season all over with **salt** and **pepper**. Lightly coat a baking sheet with a drizzle of **olive oil**. Place chicken on one side of sheet (for 4 servings, spread out across entire sheet). Evenly spread **sour cream** onto tops of chicken, then mound with **panko mixture**, pressing firmly to adhere (no need to coat the undersides).



4 ROAST CHICKEN & BROCCOLI

Toss **broccoli** on opposite side of sheet from **chicken** with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. (For 4 servings, add broccoli to a second baking sheet; roast on middle rack.) Roast on top rack until chicken is golden brown and cooked through and broccoli is slightly crispy, 15-20 minutes. **TIP:** If broccoli is finished before chicken, remove from oven and continue roasting chicken.



5 COOK COUSCOUS

Meanwhile, melt **1 TBSP butter** (2 TBSP for 4 servings) in a small pot over medium-high heat. Add **couscous** and a pinch of **salt**. Cook, stirring, until toasted, 2-3 minutes. Add **¾ cup water** (1½ cups for 4) and **stock concentrate**. Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes. Drain any excess liquid, if necessary.



6 FINISH & SERVE

Once chicken is done, stir **1 TBSP butter** (2 TBSP for 4 servings) into **couscous** until melted. Stir in **lemon zest** and **lemon juice** to taste; season with **salt** and **pepper**. Divide **couscous**, **chicken**, and **broccoli** between plates. Serve with any remaining **lemon wedges** on the side.

FRESH MINCE

Try adding herbaceous flavor to your couscous with a sprinkle of fresh chopped parsley, basil, or dill.

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