



CRISPY PARMESAN CHICKEN

with Garlic Herb Couscous & Lemony Roasted Green Beans



HELLO PANKO

These flaky Japanese-style breadcrumbs give chicken an irresistibly light and airy crunch.

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 670**



Green Beans



Lemon



Parmesan Cheese
(Contains: Milk)



Chicken Breasts



Israeli Couscous
(Contains: Wheat)



Scallions



Panko Breadcrumbs
(Contains: Wheat)



Hot Smoked
Paprika



Sour Cream
(Contains: Milk)



Garlic Herb Butter
(Contains: Milk)

START STRONG

We like using a microplane or dedicated zester for zesting citrus. If you don't have one, use a peeler or paring knife to remove just the yellow surface layer from the peel, then mince it.

BUST OUT

- Medium pot
- Zester
- Small bowl
- Paper towels
- Baking sheet
- Strainer
- Olive oil (4 tsp | 4 tsp)
- Kosher salt
- Black pepper

INGREDIENTS

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

- Scallions 2 | 4
- Lemon 1 | 1
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Parmesan Cheese ¼ Cup | ½ Cup
- Hot Smoked Paprika 1 tsp | 2 tsp
- Chicken Breasts* 12 oz | 24 oz
- Sour Cream 2 TBSP | 4 TBSP
- Green Beans 6 oz | 12 oz
- Israeli Couscous ½ Cup | 1 Cup
- Garlic Herb Butter 2 TBSP | 4 TBSP

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



1 PREP

Adjust rack to middle position (middle and top positions for 4 servings) and preheat oven to 425 degrees. Bring a medium pot of **salted water** to a boil. **Wash and dry all produce.** Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**.



4 COOK COUSCOUS

Once water is boiling, add **couscous** to pot. Cook until tender, 6-8 minutes. Drain thoroughly. Melt **garlic herb butter** in empty pot over medium heat. Add **scallion whites** and cook until softened, 1 minute. Return cooked couscous to pot and stir to coat. Taste and season with **salt** and **pepper**.

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2 MIX PANKO & COAT CHICKEN

In a small bowl, combine **panko**, **Parmesan**, **paprika**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Evenly brush tops of chicken with **sour cream**. Mound **panko mixture** on top, pressing firmly to adhere (no need to coat the undersides).



5 TOSS GREEN BEANS

Once **green beans** are done, remove sheet from oven; toss with **lemon zest** and **lemon juice** to taste.



3 ROAST GREEN BEANS & CHICKEN

Toss **green beans** on one side of a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place **chicken** crust sides up on empty side of same sheet. Roast until green beans are tender and chicken is cooked through, 15-17 minutes. (For 4 servings, divide between 2 baking sheets; roast green beans on top rack and chicken on middle rack.) **TIP:** If green beans are done before chicken is cooked through, remove from sheet and continue roasting chicken.



6 SERVE

Divide **chicken**, **green beans**, and **couscous** between plates. Garnish chicken with **scallion greens**. Serve with remaining **lemon wedges** on the side.

TURN UP THE HEAT

Have chili flakes in your pantry? Add a pinch to your finished dish for some extra oomph.

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