



Greek-Inspired Chicken and Couscous Salad with Lemon Cream

Quick 25 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Chicken Tenders



Double Chicken Tenders



Dill-Garlic Spice Blend



Lemon



Couscous



Roma Tomato



Baby Spinach



Mixed Olives



Feta Cheese, crumbled



Garlic Salt



Sour Cream



Chicken Stock Powder

HELLO MIXED OLIVES

This mix of kalamata and green olives is a fantastic flavour bomb!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Measuring spoons, zester, medium pot, large bowl, 2 small bowls, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Double Chicken Tenders*	620 g	1240 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Lemon	1	2
Couscous	½ cup	1 cup
Roma Tomato	80 g	160 g
Baby Spinach	56 g	113 g
Mixed Olives	30 g	60 g
Feta Cheese, crumbled	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Sour Cream	3 tbsp	6 tbsp
Chicken Stock Powder	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook couscous

- Place a large bowl in the fridge to chill.
- Add **stock powder, 1 tbsp butter** and **¾ cup water** (dbl both for 4 ppl) to a medium pot, then season with **pepper**. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then stir in **couscous**.
- Cover and let stand for 5 min.



Prep and make lemon cream

- Meanwhile, cut **tomato** into ½-inch pieces.
- Drain **olives**, then roughly chop.
- Zest, then juice **lemon**.
- Add **sour cream, 1 tsp water, ½ tsp lemon juice, ¼ tsp lemon zest** and **¼ tsp sugar** (dbl all for 4 ppl) to a small bowl. Season with **salt** and **pepper**, to taste, then stir to combine.



Cook chicken

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, pat **chicken** dry with paper towels. Cut **larger tenders** in half. Season with **Dill-Garlic Spice Blend** and **garlic salt**.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown and cooked through, 2-3 min per side.** (NOTE: Cook chicken in 2 batches for 4 ppl, using 1 tbsp oil per batch.)

If you've opted for double **chicken tenders**, don't overcrowd the pan. Pan-fry **chicken** in batches using more **oil** as needed.



Make vinaigrette

- Add **1 tbsp lemon juice, 2 tbsp oil** and **¼ tsp sugar** (dbl all for 4 ppl) to another small bowl.
- Season with **salt** and **pepper**, to taste, then whisk with a fork to combine.



Cool down couscous

- When **couscous** is tender, fluff with a fork.
- Transfer **couscous** to the chilled bowl, then toss to cool slightly, 30 sec.
- Place **couscous** in the fridge, tossing occasionally, until **couscous** is no longer hot.



Finish and serve

- Add **tomatoes, olives, spinach** and **feta** to the bowl with **couscous**. (NOTE: It's ok if couscous is slightly warm after cooling.)
- Drizzle **vinaigrette** over top, then toss to combine.
- Divide **salad** between plates. Top with **chicken**.
- Dollop **lemon cream** over top.

Dinner Solved!