



Greek Lemon Chicken

with Herby Couscous, Roasted Veggies and Feta

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Zucchini



Sweet Bell Pepper



Red Onion



Feta Cheese, crumbled



Lemon-Pepper Seasoning



Couscous



Vegetable Broth Concentrate



Parsley



Lemon

HELLO LEMON-PEPPER

This seasoning is commonly used in Greek cuisine and adds a citrusy flavour

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, kettle, measuring spoons, zester, large bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	113 g
Feta Cheese, crumbled	¼ cup	½ cup
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Couscous	½ cup	1 cup
Vegetable Broth Concentrate	1	1
Parsley	7 g	14 g
Lemon	1	1
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Roast veggies

Peel, halve and chop **half the onion** into ¼-inch pieces (whole onion for 4ppl). Core, then cut **pepper** into ½-inch pieces. Cut **zucchini** into ½-inch pieces. Toss **peppers, zucchini, onions** and **half the lemon-pepper seasoning** with **1 tbsp oil** on a baking sheet (use 2 baking sheets for 4 ppl, with 1 tbsp oil for each sheet). Season with **salt** and **pepper**. Roast in the **middle** of the oven, until tender-crisp, 6-8 minutes. (**NOTE:** for 4ppl roast in the middle and top of the oven, rotating sheets halfway through)



Make couscous

While **chicken** cooks, bring a kettle of **water** to a boil. Zest, then juice **half the lemon** (whole lemon for 4ppl). Cut any **remaining lemon** into wedges. Stir together **couscous, broth concentrate** and **lemon zest** in a large bowl. Stir in **¾ cup boiling water** (dbl for 4 ppl). Cover and let stand, until **liquid** is absorbed, 5-6 min.



Pan-fry chicken

While **veggies** roast, pat **chicken** dry with paper towels. Sprinkle over **remaining lemon-pepper seasoning**. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then chicken. Cook, until golden-brown, 2-3 min per side.



Assemble couscous

While **couscous** hydrates, roughly chop **parsley**. When **couscous** is done, stir in **roasted veggies, parsley, ½ tbsp lemon juice** and **½ tbsp oil** (dbl both for 4 ppl). Season with **salt** and **pepper**.



Roast chicken

Transfer **chicken** to the baking sheet with **veggies**. Roast in the **middle** of the oven, until **veggies** are golden and **chicken** is cooked through, 12-14 min.**



Finish and serve

Slice **chicken**. Divide **couscous** and **chicken** between plates. Crumble over **feta**. Drizzle over any **remaining juices** from the baking sheet. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!