



Lemon-Pepper Chicken

with Zesty Couscous and Roasted Veggies

Quick

Spicy

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 Thighs



Chicken Breasts



Sweet Bell Pepper



Zucchini



Lemon-Pepper Seasoning



Couscous



Vegetable Broth Concentrate



Tzatziki



Lemon



Feta Cheese, crumbled



Red Onion

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, measuring spoons, zester, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Lemon-Pepper Seasoning 🍋	1 tbsp	2 tbsp
Couscous	½ cup	1 cup
Vegetable Broth Concentrate	1	2
Tzatziki	113 ml	226 ml
Lemon	1	1
Feta Cheese, crumbled	¼ cup	½ cup
Red Onion	56 g	113 g
Unsalted Butter*	1 tbsp	2 tbsp
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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



Prep and start veggies

- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl)
- Cut **zucchini** into ½-inch pieces.
- Add **peppers, onions, zucchini, half the Lemon-Pepper Seasoning** and **1 tbsp oil** to an unlined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt and pepper**, then toss to combine.
- Roast in the **middle** of the oven until **veggies** begin to soften, 5-7 min. (NOTE: For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



Make couscous

- Meanwhile, add **⅔ cup water, 1 tbsp butter, ⅛ tsp salt** (dbl all for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.



Sear chicken

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **remaining Lemon-Pepper Seasoning**.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Assemble couscous

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- When **couscous** is done, add **lemon zest**, then fluff with a fork.
- Add **roasted veggies, ½ tbsp lemon juice** and **½ tbsp oil** (dbl both for 4 ppl). Season with **salt and pepper**, to taste, then stir to combine.



Roast chicken and veggies

- When **veggies** are beginning to soften, carefully remove the baking sheet from the oven and push **veggies** to one side of the sheet.
- Arrange **chicken** on the other side of the baking sheet. (NOTE: For 4 ppl, divide chicken between both baking sheets.)
- Roast in the **middle** of the oven until **veggies** are golden and **chicken** is cooked through, 12-15 min. ** (NOTE: For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



Finish and serve

- Thinly slice **chicken**.
- Divide **couscous** and **chicken** between plates. Drizzle with **any remaining juices** from the baking sheet.
- Dollop **tzatziki** and sprinkle **feta** over top.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!