



20-MIN MEAL

LEMON ROSEMARY CHICKEN CUTLETS

with Parmesan Couscous and Heirloom Grape Tomatoes



HELLO

HEIRLOOM GRAPE TOMATOES

These colorful baubles are pan-simmered 'til they're meltingly soft and juicy.

PREP: 10 MIN | **TOTAL: 20 MIN** | **CALORIES: 460**



Chicken Cutlets



Lemon



Rosemary



Chili Flakes



Israeli Couscous
(Contains: Wheat)



Heirloom Grape Tomatoes



Garlic



Parmesan Cheese
(Contains: Milk)

START STRONG

Strip rosemary leaves from the stems by pinching at the top, then pulling downward with your other hand to pop 'em right off.

BUST OUT

- Paper towel
- Strainer
- Large pan
- Medium pot
- Zester
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Chicken Cutlets 10 oz | 20 oz
- Rosemary ¼ oz | ½ oz
- Garlic 2 Cloves | 2 Cloves
- Lemon 1 | 2
- Heirloom Grape Tomatoes 4 oz | 8 oz
- Chili Flakes 1 tsp | 1 tsp
- Israeli Couscous ½ Cup | 1 Cup
- Parmesan Cheese ¼ Cup | ½ Cup

WINE CLUB

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1 COOK CHICKEN

Wash and dry all produce. Pat **chicken** dry with a paper towel and season all over with **salt** and **pepper**. Heat a large drizzle of **olive oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add chicken and cook until browned on bottom, 3-4 minutes (don't flip just yet).



4 SIMMER SAUCE

Stir **tomatoes**, juice from **lemon half**, and ⅓ **cup water** into pan with **chicken**. Simmer until slightly reduced, 1-2 minutes. Remove pan from heat and stir in **1 TBSP butter**.



2 PREP

While chicken cooks, pick **2 tsp rosemary leaves** from stems and chop (save a sprig for the couscous). Mince or grate **garlic**. Bring **2 cups salted water** to a boil in a medium pot over medium heat. Zest **lemon**, then cut in half; cut one half into wedges. Halve **tomatoes**.



5 COOK COUSCOUS

Meanwhile, once water is boiling, add reserved sprig of **rosemary** and **couscous** to pot. Cook until tender, 7-8 minutes. Drain, remove rosemary, and return couscous to pot. Stir in **Parmesan** and **lemon zest**. Season with **salt** and **pepper**.



3 ADD AROMATICS

Once **chicken** is browned on bottom, flip and cook on other side for about 1 minute, then add **chopped rosemary, garlic**, and a pinch of **chili flakes** (use more to taste) to pan. Cook until fragrant and chicken is browned, about 1 minute more.



6 PLATE AND SERVE

Divide **couscous** between bowls or plates, then arrange **chicken** on top. Drizzle with **sauce** from pan. Serve with **lemon wedges** on the side.

IMPECCABLE!

Use any extra rosemary for adding an herby touch to roasted veggies.

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