



20-MIN MEAL

MEDITERRANEAN CHICKEN BOWLS

with Couscous and Yogurt Sauce



HELLO

MEDITERRANEAN SPICE BLEND

A mix of oregano, mint, coriander, and sumac brings the flavors of the grand bazaar.

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 570



Chicken Stock Concentrate



Couscous
(Contains: Wheat)



Scallions



Lemon



Greek Yogurt
(Contains: Milk)



Turmeric



Mediterranean Spice Blend



Persian Cucumber



Roma Tomato



Garlic



Chicken Stir-Fry



Smoked Paprika

START STRONG

If you don't have a microwave, place the water, stock concentrate, butter, and spice blend in a small pot and bring to a boil before pouring it over the couscous.

BUST OUT

- 3 Medium bowls
- Small bowl
- Plastic wrap
- Paper towel
- Zester
- Large pan
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Olive oil (2 tsp | 4 tsp)
- Vegetable oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Chicken Stock Concentrate 1 | 2
- Mediterranean Spice Blend 1 TBSP | 2 TBSP
- Couscous ½ Cup | 1 Cup
- Persian Cucumber 1 | 2
- Roma Tomato 1 | 2
- Scallions 2 | 4
- Lemon 1 | 2
- Garlic 2 Cloves | 4 Cloves
- Greek Yogurt 4 oz | 8 oz
- Chicken Stir-Fry 10 oz | 20 oz
- Turmeric 1 tsp | 2 tsp
- Smoked Paprika 1 tsp | 2 tsp

WINE CLUB

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1 COOK COUSCOUS

In a medium bowl, combine $\frac{3}{4}$ cup hot water, stock concentrate, 1 TBSP butter, and half the Mediterranean spice. Microwave on high for 1 minute. Place couscous in another medium bowl. Pour in stock mixture. Stir to combine, then cover bowl with plastic wrap or a pot lid. Set aside.



4 MAKE YOGURT SAUCE

In a small bowl, combine yogurt, juice from 1 lemon quarter, and garlic to taste. (TIP: Start with a pinch and add more from there.) Mixture should have a drizzling consistency—add up to 1 TBSP water if needed to thin. Season with salt and pepper to taste.



2 PREP INGREDIENTS

Wash and dry all produce.

Dice cucumber. Core, seed, and dice tomato. Trim, then thinly slice scallions, separating greens and whites. Zest 1 tsp from lemon, then cut into quarters. Cut one quarter into smaller wedges. Mince or grate garlic.



5 COOK CHICKEN

Pat chicken dry with a paper towel. Season all over with turmeric, $\frac{1}{2}$ tsp smoked paprika, salt, pepper, and remaining Mediterranean spice. Heat a large drizzle of oil in a large pan over medium-high heat. Add chicken and cook, tossing occasionally, until browned and cooked through, 4-7 minutes.



3 MAKE SALAD

In another medium bowl, toss together cucumber, tomato, scallion whites, half the lemon zest, juice from two lemon quarters, and a large drizzle of olive oil. Season with salt and pepper.



6 FINISH AND SERVE

Fluff couscous with a fork and season with salt and pepper. Divide couscous, chicken, and salad between plates. Top with as much yogurt sauce as you'd like. Garnish with scallion greens, a pinch of remaining smoked paprika, and remaining lemon zest. Serve with lemon wedge on the side for squeezing.

DASHING!

Easy-breezy Mediterranean flavors made with ease

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