



MEDITERRANEAN CHICKEN THIGH DINNER

PLUS WARM CHICKEN COUSCOUS FOR LUNCH



HELLO
DINNER TO LUNCH
 Cook it once, eat it twice: tonight's dinner extras transform into tomorrow's lunch.

PREP: 10 MIN | TOTAL: 45 MIN | CALORIES: 670

LUNCH | TOTAL: 5 MIN | CALORIES: 470



Lemon



Parsley



Dried Apricots



Chicken Thighs



Couscous
(Contains: Wheat)



Greek Yogurt
(Contains: Milk)



Sliced Almonds
(Contains: Tree Nuts)



Yellow Onion



Zucchini



Garlic



Mediterranean Spice Blend



Chicken Stock Concentrate



Arugula

START STRONG

This recipe serves two for dinner and two for lunch. After you've finished with the dinner, spend a little time getting everything ready for lunch, which only takes a few short minutes.

BUST OUT

- Zester
- Baking sheet
- Large pan
- Small bowl
- Medium bowl
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

LUNCH

- Olive oil (1 tsp | 2 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Lemon 1 | 2
- Yellow Onion 1 | 2
- Parsley ½ oz | 1 oz
- Zucchini 1 | 2
- Dried Apricots 1½ oz | 3 oz
- Garlic 2 Cloves | 2 Cloves
- Chicken Thighs 24 oz | 48 oz
- Mediterranean Spice Blend 1 TBSP | 2 TBSP
- Couscous 1 Cup | 2 Cups
- Chicken Stock Concentrate 1 | 2
- Greek Yogurt 4 oz | 8 oz
- Sliced Almonds 1 oz | 2 oz

ADD FOR LUNCH

- Arugula 2 oz | 4 oz

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DINNER



1 PREHEAT AND PREP

Wash and dry all produce. Preheat broiler to high. Zest **lemon** until you have 1 tsp zest, then cut into wedges. Halve, peel, and finely dice **onion**. Finely chop **parsley**. Slice **zucchini** into thin rounds. Finely chop **apricots**. Mince **garlic**.



4 BROIL ZUCCHINI

Spread **zucchini** on a baking sheet and toss with a drizzle of **olive oil**, **salt**, and **pepper**. Broil until tender, 8-10 minutes. Meanwhile, combine **yogurt**, **1 TBSP parsley**, a squeeze of **lemon**, and a pinch or two of **garlic** (to taste) in a small bowl. Add **2 TBSP water**, or enough to give sauce a drizzly consistency. Season with salt and pepper. Fluff **couscous** with a fork. Season with salt and pepper.



2 COOK CHICKEN

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Place **chicken**, a drizzle of olive oil, **Mediterranean spice**, and half the **garlic** in a medium bowl. Season with **salt** and **pepper** and toss to combine. Add chicken to pan and cook until no longer pink in center, about 5 minutes per side. Remove from pan and set aside, covered, to keep warm.



5 SERVE DINNER

Stir **apricots**, **lemon zest**, and half the remaining **parsley** into **couscous**. Divide half the **chicken**, half the **couscous**, and all of the **zucchini** between plates. Sprinkle with remaining **parsley** and half the **almonds**. Drizzle with a little **sauce** (save most of it for lunch). Serve with a **lemon wedge** each.

TASTY!



3 COOK COUSCOUS

Add **onion** and **1 TBSP butter** to same pan over medium-high heat. Cook, tossing, until onion is softened, 4-5 minutes. Season with **salt** and **pepper**. Stir in **couscous**, then add **1¼ cup water**, a large pinch of salt, and **chicken stock concentrate**, scraping up any browned bits on bottom. Bring to a boil, then cover and set aside off heat.

LUNCH



1 MAKE LUNCH

When packing your lunch, divide remaining **couscous**, **chicken**, **sauce**, **lemon wedges**, and **almonds** between lunchboxes, along with all of the **arugula**, keeping everything in its own section. When you're ready to eat, reheat **couscous** and **chicken** in microwave. Spread **arugula** on a plate, then top with **couscous** and **chicken**. Drizzle with **sauce**, a squeeze of **lemon**, and **1 tsp olive oil**, then garnish with **almonds**.

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