



CRISPY PARMESAN CHICKEN

with Garlic Herb Couscous and Lemony Roasted Carrots



HELLO
GARLIC HERB BUTTER
 Aromatic garlic and a garden's worth of herbs are blended into butter for rich, luxuriant flavor.

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 720**

- 
Carrots
- 
Panko Breadcrumbs
(Contains: Wheat)
- 
Parmesan Cheese
(Contains: Milk)
- 
Chicken Breasts
- 
Israeli Couscous
(Contains: Wheat)
- 
Scallions
- 
Lemon
- 
Hot Smoked Paprika
- 
Sour Cream
(Contains: Milk)
- 
Garlic Herb Butter
(Contains: Milk)

START STRONG

We like using a microplane or dedicated zester for zesting citrus. If you don't have one, use a peeler or paring knife to remove just the yellow surface layer from the peel, then finely mince it.

BUST OUT

- Medium pot
- Strainer
- Peeler
- Zester
- Small bowl
- Paper towel
- Baking sheet
- Olive oil (4 tsp | 8 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Carrots 4 | 8
- Scallions 2 | 4
- Lemon 1 | 1
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Parmesan Cheese ¼ Cup | ½ Cup
- Hot Smoked Paprika 1 tsp | 2 tsp
- Chicken Breasts 12 oz | 24 oz
- Sour Cream 2 TBSP | 4 TBSP
- Israeli Couscous ½ Cup | 1 Cup
- Garlic Herb Butter 2 TBSP | 4 TBSP

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Bring a medium pot of salted water to a boil. Trim and peel carrots, then cut into 2-inch lengths. Trim, then thinly slice scallions, separating greens and whites. Zest lemon, then cut into quarters.



4 MAKE COUSCOUS

Meanwhile, once water boils, add couscous to pot. Cook until tender, about 6 minutes, then drain. In same empty pot, melt garlic herb butter over medium heat. Add scallion whites and cook until soft, about 1 minute. Return couscous to pot and stir to coat. Season with salt and pepper if needed.



2 BREAD CHICKEN

In a small bowl, mix together panko, Parmesan, paprika, a large drizzle of olive oil, and a pinch of salt and pepper. Pat chicken dry with a paper towel; season all over with salt and pepper. Evenly brush one side of each chicken breast with sour cream. Sprinkle panko mixture onto coated sides, pressing to adhere.



5 FINISH CARROTS

Once carrots are done roasting, remove from oven and toss with lemon zest and juice from 1 lemon quarter.



3 ROAST

Toss carrots on one side of a baking sheet with a large drizzle of olive oil and a pinch of salt and pepper. Place chicken, crust-side up, on other side of sheet. Roast until chicken is cooked through, about 15 minutes. Remove chicken from sheet and transfer to a plate to rest. Return carrots to oven and roast until tender, about 5 minutes more.



6 SERVE

Divide chicken, carrots, and couscous between plates. Garnish chicken with scallion greens. Serve with remaining lemon quarters on the side for squeezing over.

DELISH!

Crispy, cozy, comforting—it doesn't get much better than this.

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