



# ZUCCHINI & TOMATO COUSCOUS BOWLS

with Fresh Mozz, Parsley, Chili Flakes & Almonds

## INGREDIENTS

2 PERSON | 4 PERSON



2 Cloves | 4 Cloves  
Garlic



1 | 2  
Zucchini



4 oz | 8 oz  
Grape Tomatoes



1 | 1  
Lemon



¼ oz | ¼ oz  
Parsley



4 oz | 8 oz  
Fresh Mozzarella  
Contains: Milk



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



1 | 2  
Veggie Stock  
Concentrate



1 TBSP | 1 TBSP  
Italian Seasoning



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts



1 tsp | 1 tsp  
Chili Flakes



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



## HelloCustom

If you chose to modify your meal, follow the  
**HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets

Calories: 640



10 oz | 20 oz  
Organic Chicken  
Cutlets

Calories: 640



PREP: 15 MIN | COOK: 25 MIN | CALORIES: 460





HELLO





## FRESH MOZZARELLA

A silky, soft cheese with a mild flavor best enjoyed at room temp

### MAKING THE CUT

Always seem to squish tomatoes when you're trying to slice 'em? Try switching to a serrated or bread knife! The teeth on the blade will cut through the skin every time.

### BUST OUT

- Small pot
- Paper towels  
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)  
- Olive oil (1 tsp | 2 tsp)

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### 1 PREP

- Wash and dry produce.
- Peel and mince or grate **garlic**. Trim and quarter **zucchini** lengthwise; slice crosswise into ½-inch-thick quarter-moons. Halve **tomatoes**. Quarter **lemon**. Roughly chop **parsley**. Dice **mozzarella** into ½-inch pieces.



### 3 COOK VEGGIES



- While couscous cooks, heat a **drizzle of oil** in a large pan over medium-high heat. Add **zucchini** and **half the Italian Seasoning** (all for 4 servings); cook, stirring occasionally, until browned and softened, 4-6 minutes.
- Add **tomatoes** and **remaining garlic**; cook, stirring, until tomatoes are softened and garlic is fragrant, 1-2 minutes.
- Remove from heat and season with **salt** and **pepper**.

 Use pan used for chicken here.



### 2 COOK COUSCOUS

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **half the garlic** and a **big pinch of salt**; cook, stirring, until fragrant, 30 seconds.
- Add **couscous**, **stock concentrate**, and **¾ cup water** (1½ cups for 4 servings). Bring to a boil, then reduce to a low simmer and cover. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat until ready to serve.


-  Pat **chicken\*** or **organic chicken\*** dry with paper towels and  season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan.



### 4 FINISH & SERVE

- Fluff **couscous** with a fork; stir in a **squeeze of lemon juice** and season with **salt** and **pepper** if needed. (TIP: Stir in 1 TBSP **butter** for a richer flavor!) Stir in **half the veggies** and **half the parsley**.
- Divide couscous between bowls. Top with remaining veggies, then top with **mozzarella**. Sprinkle with **almonds**, remaining parsley, and as many **chili flakes** as you like. Drizzle each bowl with **½ tsp olive oil** and serve with **remaining lemon wedges** on the side.

-  Slice **chicken** or **organic chicken** crosswise; top bowls with  chicken along with **remaining veggies**.

 \*Chicken is fully cooked when internal temperature reaches 165°.