



CHICKEN AND CRANBERRY CURRANT PAN SAUCE

with Scallion Couscous and Zucchini



HELLO COUSCOUS

These tiny toasted pasta pieces become fluffy once cooked.

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 650



Scallions



Israeli Couscous
(Contains: Wheat)



Dried Cranberries



Currant Jam



Zucchini



Chicken Breasts



Chicken Stock Concentrate

START STRONG

If the currant jam doesn't immediately dissolve when you add it to the pan, break up any clumps into smaller pieces. Eventually, they'll melt into a sweet and sticky sauce.

BUST OUT

- Small pot
- Baking sheet
- Paper towels
- Large pan
- Small bowl
- Vegetable oil (4 tsp | 8 tsp)
- Butter (2 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- | | |
|-----------------------------|-----------------|
| • Scallions | 2 4 |
| • Zucchini | 1 2 |
| • Israeli Couscous | ½ Cup 1 Cup |
| • Chicken Breasts* | 12 oz 24 oz |
| • Chicken Stock Concentrate | 1 2 |
| • Currant Jam | 2 TBSP 4 TBSP |
| • Dried Cranberries | 1 oz 2 oz |

* Chicken is fully cooked when internal temperature reaches 165 degrees.

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 PREP

Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry all produce.** Trim and thinly slice **scallions**, separating whites from greens. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons.



4 COOK CHICKEN

Pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Heat a drizzle of **oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 5-7 minutes per side. (**TIP:** If chicken browns too quickly, reduce heat to medium.) Turn off heat; transfer to a plate. Wipe out pan.



2 COOK COUSCOUS

Heat a drizzle of **oil** in a small, lidded pot over medium-high heat. Add **scallion whites** and cook until softened, 1 minute. Add **couscous** and a pinch of **salt** and **pepper**. Cook, stirring, until toasted, 2-3 minutes. Add **¾ cup water** (1½ cups for 4 servings) and bring to a boil. Once boiling, cover, reduce heat to low, and cook until tender, 6-8 minutes. Keep covered until ready to serve.



5 MAKE SAUCE

In a small bowl, combine **stock concentrate**, **jam**, and **2 TBSP water** (3 TBSP for 4 servings). Heat a drizzle of **oil** in same pan over medium heat. Add **cranberries** and cook, stirring, until slightly softened, about 1 minute. Add **stock mixture** to pan, bring to a simmer, and cook until thickened, 1-2 minutes. Turn off heat; stir in **1 TBSP butter** until melted. Add **chicken** and turn to coat in sauce.



3 ROAST ZUCCHINI

Toss **zucchini** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast on top rack, tossing halfway through, until browned and tender, about 15 minutes. Remove from oven; cover until ready to serve.



6 FINISH AND SERVE

Fluff **couscous** with a fork, then stir in **1 TBSP butter** and half the **scallion greens**. Season with **salt** and **pepper**. Divide **couscous**, **zucchini**, and **chicken** between plates. Top chicken with any remaining **sauce**. Garnish with remaining **scallion greens**.

JAM OUT

Make this sweet sauce again with pork chops.

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