



CHERRY BALSAMIC CHICKEN

with Almond Couscous & Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



9 oz | 18 oz
Carrots



2 | 4
Scallions



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



10 oz | 20 oz
Chicken Cutlets



5 tsp | 10 tsp
Balsamic Vinegar



1 | 2
Chicken Stock
Concentrate



1 | 2
Cherry Jam



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HELLO

CHERRY BALSAMIC SAUCE

Stone-fruit sweetness meets vinegary tang.

PREP: 15 MIN | COOK: 35 MIN | CALORIES: 730



HELLO FRESH

WHISKED AWAY

To get ahead of the game in step 5, whisk together the vinegar, stock concentrate, jam, and water in a small bowl before you start cooking. This'll ensure a lump-free sauce (and eliminate scrambling to open packets).

BUST OUT

- Peeler
- Paper towels
- Small pot
- Large pan
- Baking sheet
- Whisk
- Kosher salt
- Black pepper
- Olive oil (**5 tsp** | **5 tsp**)
- Butter (**3 TBSP** | **5 TBSP**)
Contains: Milk

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



1 PREP

- Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince **garlic**. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens.



4 COOK CHICKEN

- While carrots roast, pat **chicken*** dry with paper towels; season generously all over with **salt** and **pepper**.
- Heat a **large drizzle of olive oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; transfer to a cutting board to rest.



2 MAKE ALMOND COUSCOUS

- Melt **1 TBSP butter** in a small pot over medium-high heat. Add **almonds**; cook, stirring, until lightly browned, 2-3 minutes.
- Add **garlic, couscous**, and a **pinch of salt**; cook for 30 seconds.
- Stir in **¾ cup water (1½ cups for 4 servings)** and cover. Bring to a boil, then reduce heat to low. Simmer, covered, until couscous is tender, 6-8 minutes. Drain any excess water from pot if necessary.
- Keep covered off heat until ready to serve.



5 MAKE SAUCE

- Heat a **drizzle of olive oil** in same pan over medium-high heat. Add **scallion whites** and cook for 1 minute.
- Pour in **vinegar, stock concentrate, jam**, and **¼ cup water (½ cup for 4 servings)**; whisk to combine. Bring to a simmer and cook until thickened, 1-2 minutes.
- Turn off heat; stir in **1 TBSP butter (2 TBSP for 4)** until melted. Season with **salt** and **pepper**.



3 ROAST CARROTS

- Meanwhile, toss **carrots** on a baking sheet with a **large drizzle of olive oil, salt**, and **pepper**.
- Roast on middle rack until browned and tender, 20-25 minutes.



6 FINISH & SERVE

- Stir **1 TBSP butter (2 TBSP for 4 servings)** into pot with **couscous**; season with **salt** and **pepper**.
- Thinly slice **chicken** crosswise.
- Divide couscous, chicken, and **carrots** between plates. Top chicken with **sauce**. Garnish with **scallion greens** and serve.