



# CREAMY LEMON BUTTER CHICKEN

with Parmesan Zucchini Rounds & Scallion Couscous

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Zucchini



2 | 2  
Scallions



1 | 1  
Lemon



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



1 TBSP | 2 TBSP  
Tuscan Heat  
Spice



10 oz | 20 oz  
Chicken Cutlets



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



2 | 4  
Chicken Stock  
Concentrates



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



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



### HelloCustom

2 PERSON | 4 PERSON

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



6 oz | 12 oz  
Asparagus

Calories: 620



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 620



HELLO

### ISRAELI COUSCOUS

These tiny pasta pieces become pleasantly chewy once cooked.

### CRUMB'S THE WORD

If you're left with any crunchy, cheesy crumbs after roasting zucchini in step 2, sprinkle them over your finished dish.

### BUST OUT

- Zester
- Paper towels
- Small bowl
- Large pan
- Baking sheet
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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



### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
  - Trim and slice **zucchini** crosswise into ½-inch-thick rounds. Trim and thinly slice **scallions**, separating whites from greens. Zest and halve **lemon**.
  - In a small bowl, combine **panko** and **Parmesan** with a **drizzle of oil, salt, and pepper**.
-  Trim and discard woody bottom ends from **asparagus**. (Save zucchini for another use.)




### 4 MAKE SCALLION COUSCOUS

- While chicken cooks, heat a **drizzle of oil** in a small pot over medium-high heat. Add **scallion whites**; cook until softened, 1 minute.
- Add **couscous**; stir until toasted, 30 seconds.
- Stir in **¾ cup water** (1½ cups for 4 servings), **half the stock concentrates** (you'll use the rest in the next step), and a **pinch of salt**. Cover and bring to a boil, then reduce heat to low. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



### 2 ROAST ZUCCHINI

- Toss **zucchini** on a baking sheet with a **drizzle of olive oil, half the Tuscan Heat Spice** (you'll use the rest in the next step), **salt, and pepper**.
  - Arrange zucchini in a single layer so they are touching but not overlapping. Top with **panko mixture**.
  - Roast on top rack until zucchini is tender and panko is golden brown and crispy, 15-18 minutes.
-  Swap in **asparagus** for zucchini; roast 10-12 minutes.



### 5 MAKE SAUCE

- Heat pan used for chicken over medium-high heat. Add **remaining stock concentrates, ¼ cup water** (½ cup for 4 servings), and a **squeeze of lemon juice** to taste. Simmer until slightly reduced, 3-4 minutes. Turn off heat.
- Stir in **sour cream** and **1 TBSP butter** (2 TBSP for 4) until melted and combined. Season with **salt and pepper**.



### 3 COOK CHICKEN

- Meanwhile, pat **chicken\*** dry with paper towels; season with **remaining Tuscan Heat Spice, 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, 3-5 minutes per side.
- Turn off heat; transfer chicken to a plate. Wipe out pan.



### 6 FINISH & SERVE

- To pot with **couscous**, add **juice from half the lemon, half the lemon zest, half the scallion greens, salt, and pepper**; stir to combine. **TIP: If couscous seems dry, add a splash of water. For extra richness, stir in 1 TBSP butter (2 TBSP for 4 servings).**
- Divide couscous, **chicken**, and **zucchini** between plates. Spoon **sauce** over chicken. Top with remaining scallion greens and lemon zest. Serve.