



CHICKEN THYME WITH GREEN BEAN COUSCOUS

plus Tomato Cream Sauce & Lemon

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Green Beans



1 | 2
Tomato



1 | 2
Lemon



2 | 4
Scallions



2 Cloves | 4 Cloves
Garlic



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Dried Thyme



2 | 4
Chicken Stock
Concentrates



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



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HELLO

THYME

Fragrant dried thyme adds an herbaceous, elegant touch that elevates comfort food.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 570



DIVIDE & CONQUER

Why separate scallion whites from greens? The whites are firmer and more oniony—better for cooking; the greens are mild and tender—perfect for a garnish.

BUST OUT

- Zester
- Small pot
- Large pan
- Paper towels
- Aluminum foil
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP

- Wash and dry produce.
- Trim **green beans** if necessary; cut crosswise into 1-inch pieces. Peel and finely chop **garlic**. Finely dice **tomato**. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**.



4 COOK CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **thyme, salt, and pepper**.
- Heat a **drizzle of oil** in pan used for green beans over medium-high heat. Add chicken and cook until browned and cooked through, 4-6 minutes per side.
- Remove pan from heat. Transfer chicken to a cutting board to rest; tent with foil to keep warm. Let pan cool for 1-2 minutes.



2 COOK GREEN BEANS

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **green beans** and **half the garlic**; season with **salt and pepper**. Cook, stirring occasionally, until tender and slightly blistered, 5-6 minutes. **TIP: If green beans haven't softened, stir in 1-2 TBSP water and cook a bit more.**
- Turn off heat; transfer to a plate; cover with foil to keep warm. Wipe out pan.



5 MAKE SAUCE

- Melt **1 TBSP butter (2 TBSP for 4 servings)** in same pan over medium heat. Add **tomato** and **scallion whites**; season with **salt and pepper**. Cook, stirring occasionally, until slightly softened, 2-3 minutes.
- Stir in **stock concentrates** and **¼ cup water (½ cup for 4)**. Cook, stirring occasionally, until slightly reduced, 2-3 minutes.
- Remove pan from heat. Whisk in **cream cheese** until melted and combined. Season with **salt and pepper**.



3 COOK COUSCOUS

- While green beans cook, melt **1 TBSP butter (2 TBSP for 4 servings)** in a small pot over medium-high heat. Add **couscous** and **remaining garlic**; cook, stirring, until fragrant, 30 seconds.
- Stir in **¾ cup water (1½ cups for 4)** and a **big pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes.
- Drain any excess water if necessary. Keep covered off heat until ready to use in Step 6.



6 FINISH & SERVE

- Slice **chicken** crosswise.
- To pot with **couscous**, stir in **green beans, scallion greens, and lemon zest**. Stir in a **squeeze of lemon juice** to taste. Season with **salt and pepper** to taste.
- Divide **green bean couscous** between plates. Top with chicken; drizzle with **tomato cream sauce**. Serve with **remaining lemon wedges** on the side.

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