

## **INGREDIENTS**

2 PERSON | 4 PERSON

2 | 2

Scallions



Carrots



1 | 1 Lemon



¼ Cup | ½ Cup Panko Breadcrumbs



1 tsp | 2 tsp Hot Smoked Paprika



**Contains: Wheat** 

10 oz | 20 oz Chicken Cutlets



1 Clove 2 Cloves

Garlic

3 TBSP | 6 TBSP

Parmesan Cheese

Contains: Milk

1½ TBSP 3 TBSP Sour Cream Contains: Milk



2.5 oz | 5 oz Israeli Couscous Contains: Wheat



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.

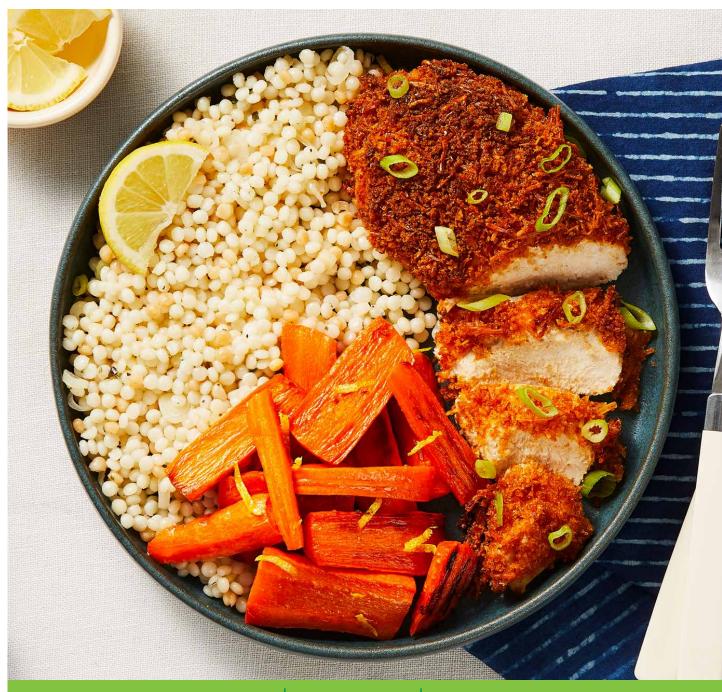


8 oz | 16 oz Broccoli Florets



# **CRISPY PARMESAN CHICKEN**

with Garlic Scallion Couscous & Lemony Roasted Carrots





## **HELLO**

#### **UN-FRIED CHICKEN**

Juicy and tender on the inside, crunchy on the outside—no frying needed

### **DRY. DRY AGAIN**

Blotting out moisture helps the seasonings stick to the chicken (and promotes even browning while roasting).

## **BUST OUT**

- Medium pot
- Paper towels
- Peeler
- Baking sheet
- Zester
- Strainer
- · Small bowl
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 3 TBSP)
  Contains: Milk

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#### 1 PREP

- Adjust rack to middle position (middle and top positions for 4 servings) and preheat oven to 425 degrees. Bring a medium pot of salted water to a boil.
   Wash and dry produce.
- Trim, peel, and halve carrots lengthwise; cut crosswise into 2-inch-long pieces.
   Trim and thinly slice scallions, separating whites from greens. Peel and mince or grate garlic. Zest and quarter lemon.
- Cut broccoli florets into bite-size pieces if necessary. (Save carrots for another use.)



#### **2 COAT CHICKEN**

- In a small bowl, combine panko,
  Parmesan, paprika, a large drizzle of olive oil, and a pinch of salt and pepper.
- Pat chicken\* dry with paper towels; season all over with salt and pepper.
   Place on one side of a baking sheet (for 4 servings, arrange across entire sheet).
- Spread tops of chicken with sour cream.
  Mound with panko mixture, pressing to adhere (no need to coat the undersides).



#### **3 ROAST CHICKEN & CARROTS**

- Toss carrots on opposite side of sheet from chicken with a large drizzle of olive oil, salt, and pepper. (For 4 servings, toss carrots on a second sheet.)
- Roast on middle rack until chicken is cooked through and carrots are browned and tender, 15-20 minutes. (For 4, roast chicken on middle rack and carrots on top rack.)
- Transfer chicken to a plate to rest. TIP: If carrots are done before chicken, remove from sheet and continue roasting chicken.
- Swap in **broccoli** for carrots; roast for 12-15 minutes. Remove broccoli from sheet and continue roasting **chicken** until cooked through, 3-5 minutes more.



## 4 COOK COUSCOUS

- While chicken and carrots roast, add couscous to pot with boiling water.
   Cook until tender, 6-8 minutes.
   Drain thoroughly.
- Melt 2 TBSP butter (3 TBSP for 4 servings) in empty pot over medium heat. Add scallion whites and garlic; cook until softened 1 minute
- Return cooked couscous to pot and stir until coated. Taste and season with salt and pepper.



#### **5 FINISH CARROTS**

 Once carrots are done roasting, carefully toss with lemon zest and a squeeze of lemon juice to taste.



#### 6 SERVE

 Divide chicken, carrots, and couscous between plates. Garnish chicken with scallion greens. Serve with any remaining lemon wedges on the side.