

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.

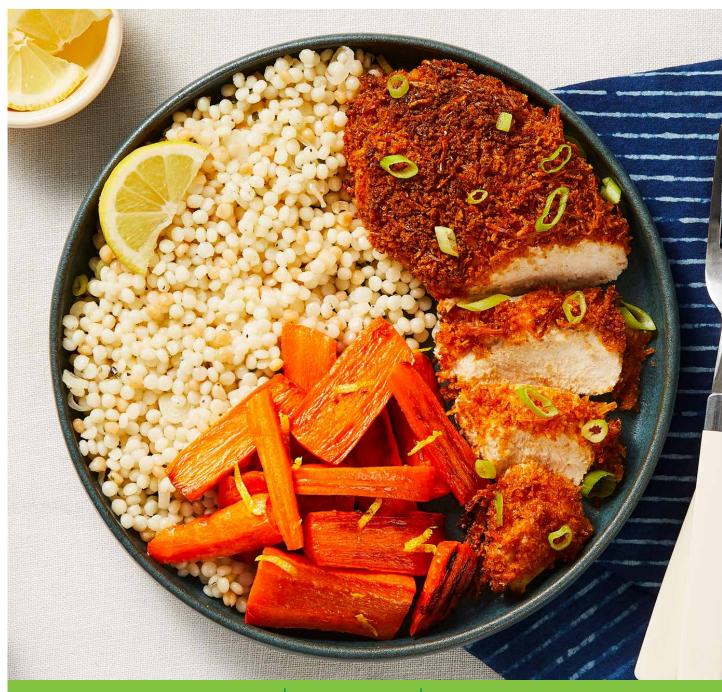


8 oz | 16 oz Broccoli Florets



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.