



CRISPY PARMESAN CHICKEN

with Garlic Scallion Couscous & Lemony Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



2 | 2
Scallions



1 Clove | 2 Cloves
Garlic



1 | 1
Lemon



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 tsp | 2 tsp
Hot Smoked
Paprika



10 oz | 20 oz
Chicken Cutlets



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



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HelloCustom

2 PERSON | 4 PERSON

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8 oz | 16 oz
Broccoli Florets

Calories: 650



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 690



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



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.)



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**.



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**).



5 FINISH CARROTS

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



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.



6 SERVE

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