

INGREDIENTS

2 PERSON | 4 PERSON



Broccoli Florets



Scallions



1 Clove | 2 Cloves Garlic



1 | 1 ¼ Cup | ½ Cup Lemon Panko Breadcrumbs



3 TBSP | 6 TBSP Parmesan Cheese Contains: Milk



1 tsp | 2 tsp Hot Smoked Paprika



Contains: Wheat

10 oz | 20 oz Chicken Cutlets



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.

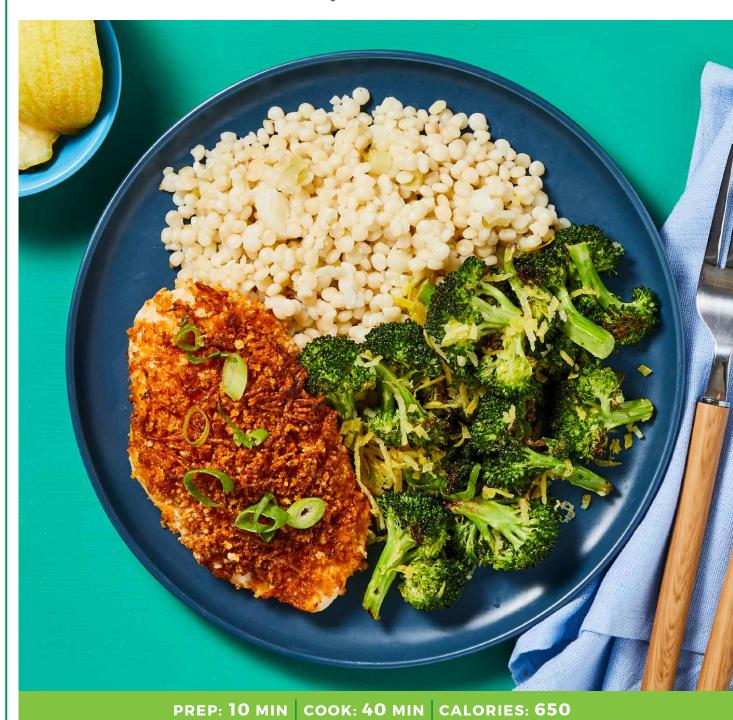






CRISPY PARMESAN CHICKEN

with Garlic Scallion Couscous & Lemony Roasted Broccoli





HELLO

UN-FRIED CHICKEN

Juicy and tender on the inside. crunchy on the outside-no frvina 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
- Zester
- Baking sheet
- Small bowl
- Strainer
- Kosher salt
- · Black pepper
- Olive oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 3 TBSP) Contains: Milk

SHARE THE LOVE



Know a friend who'd enjoy this meal? Scan the QR code to share.



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.
- Cut **broccoli** into bite-size pieces if necessary. Trim and thinly slice scallions, separating whites from greens. Mince or grate garlic. Zest and quarter lemon.
- Trim and discard woody bottom ends from asparagus. (Save broccoli 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 & BROCCOLI

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



Roast coated chicken (without asparagus) for 5 minutes; remove sheet from oven. Swap in asparagus for broccoli; roast until chicken is cooked through and asparagus is tender. 12-15 minutes more.



4 COOK COUSCOUS

- · While chicken and broccoli 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 BROCCOLI

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



Toss **asparagus** as instructed.



6 SERVE

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