



CHICKEN THYME WITH ZUCCHINI COUSCOUS

plus Tomato Cream Sauce & Lemon

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



2 Cloves | 4 Cloves
Garlic



1 | 2
Tomato



2 | 4
Scallions



1 | 2
Lemon



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



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

HELLO

THYME

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

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 560



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

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663
HelloFresh.com



1 PREP

- Wash and dry produce.
- Trim and dice **zucchini** into ¼-inch pieces. Peel and finely chop **garlic**. Finely dice **tomato**. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**.



4 SEASON & 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 zucchini over medium-high heat. Add chicken and cook until browned and cooked through, 4-6 minutes per side.
- Turn off heat. Transfer chicken to a cutting board; tent with foil to keep warm. Let pan cool for 1-2 minutes.



2 COOK ZUCCHINI

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **zucchini**; season with **half the garlic, salt,** and **pepper**. Cook, stirring frequently, until browned and tender, 4-7 minutes.
- 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 (⅓ 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 START COUSCOUS

- While zucchini cooks, 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 **zucchini, scallion greens,** and **lemon zest**. Stir in a **squeeze of lemon juice** to taste. Season with **salt** and **pepper** to taste.
- Divide **zucchini 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°.