

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves Garlic



1 TBSP | 2 TBSP **Tunisian Spice** Blend



1/4 oz | 1/4 oz Cilantro



2.5 oz | 5 oz Israeli Couscous Contains: Wheat



Lemon



Yogurt Contains: Milk



10 oz | 20 oz Chicken Cutlets



12 oz | 24 oz Carrots



1 tsp | 1 tsp Chili Flakes



Sour Cream Contains: Milk



Chicken Stock Concentrate



ANY ISSUES WITH YOUR ORDER?



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.

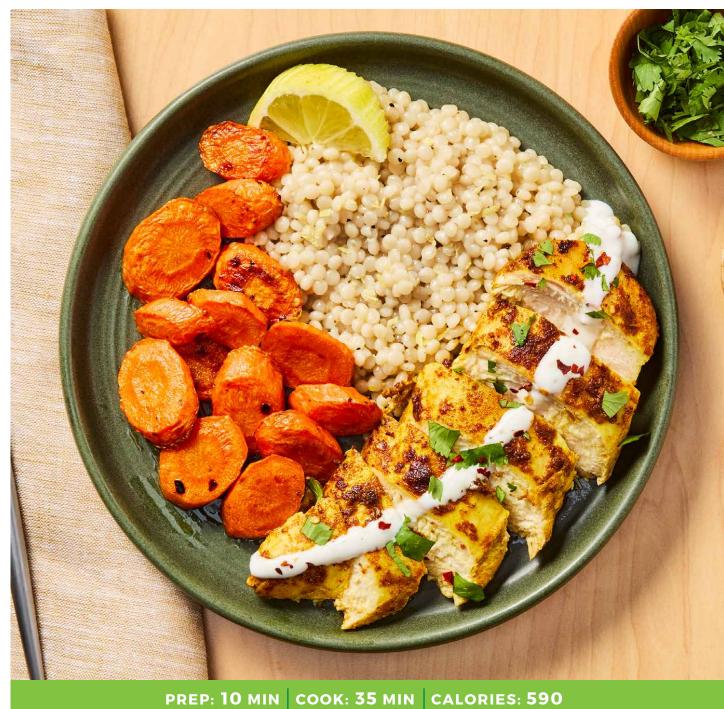






YOGURT-MARINATED CHICKEN WITH GARLIC SAUCE

plus Lemony Couscous & Chili-Roasted Carrots





HELLO

TUNISIAN SPICE BLEND

This aromatic blend-including caraway, smoked paprika, and turmeric—adds warming flavor to a marinade for chicken.

DAIRY TO DREAM

If you've never used yogurt as a marinade before, get ready—it's a total game changer. This not-so-secret ingredient tenderizes meat quickly and helps form a super flavorful crust in the pan. Try this technique again with pork or lamb chops!

BUST OUT

Baking sheet

· Small bowl

• Large pan

· Small pot

- Zester
- Paper towels
- Medium bowl
- Peeler
- Kosher salt
- Black pepper
- Olive oil (5 tsp | 8 tsp)
- Butter (1 TBSP | 2 TBSP) Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 MARINATE CHICKEN

- Adjust rack to top position and preheat oven to 425 degrees. Wash and dry produce.
- Peel and mince garlic. Zest and quarter lemon.
- In a medium bowl, combine Tunisian Spice Blend, half the yogurt, half the garlic (you'll use the rest of the yogurt and garlic later), 1 TBSP olive oil, 1 tsp salt, a squeeze of lemon juice, and pepper. (For 4 servings, use 2 TBSP olive oil and 2 tsp salt.)
- Pat chicken* dry with paper towels. Add to bowl with marinade and turn to coat. Set aside until ready to use in Step 4.



2 PREP & ROAST CARROTS

- Trim, peel, and cut carrots on a diagonal into ½-inch-thick pieces. Roughly chop cilantro.
- Toss carrots on a baking sheet with a drizzle of olive oil, salt, and a pinch of chili flakes.
- Roast on top rack until golden brown and tender, 20-25 minutes.



Trim and discard woody bottom ends from asparagus. Swap in asparagus for carrots. Roast until lightly browned and tender. 10-12 minutes. (Save carrots for another use.)



3 MAKE SAUCE

• While carrots roast, in a small bowl, combine sour cream, remaining yogurt, and remaining garlic to taste. Season with salt and pepper. Stir in water 1 tsp at a time until mixture reaches a drizzling consistency.



4 COOK CHICKEN

- Heat a drizzle of olive oil in a large, preferably nonstick, pan over medium heat.
- Remove chicken from marinade: allow excess to drip off. Add to pan and cook until browned and cooked through. 6-8 minutes per side. TIP: Lower heat if chicken begins to brown too quickly.
- Turn off heat; transfer to a cutting board to rest. Once cool enough to handle, slice crosswise.



5 COOK COUSCOUS

- Meanwhile, melt 1 TBSP butter (2 TBSP for 4 servings) in a small pot over medium-high heat. Add couscous and a pinch of salt; cook, stirring, until toasted, 30 seconds.
- Stir in stock concentrate and 34 cup water (1½ cups for 4). Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender 6-8 minutes.
- Fluff couscous with a fork: stir in lemon zest to taste. Season with salt and pepper.



6 SERVE

• Divide chicken, couscous, and carrots between plates. Top chicken with garlic sauce and cilantro; sprinkle with remaining chili flakes if desired. Serve with **remaining lemon wedges** on the side.