



# YOGURT-MARINATED CHICKEN WITH GARLIC SAUCE

plus Lemony Couscous & Chili-Roasted Carrots

## INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves  
Garlic



1 | 1  
Lemon



2 TBSP | 4 TBSP  
Yogurt  
Contains: Milk



1 TBSP | 2 TBSP  
Tunisian Spice  
Blend



10 oz | 20 oz  
Chicken Cutlets



12 oz | 24 oz  
Carrots



¼ oz | ¼ oz  
Cilantro



1 tsp | 1 tsp  
Chili Flakes



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



1 | 2  
Chicken Stock  
Concentrate



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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.



6 oz | 12 oz  
Asparagus

Calories: 540



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 590



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

- Zester
  - Paper towels
  - Medium bowl
  - Peeler
  - Baking sheet
  - Small bowl
  - Large pan
  - Small pot
  - 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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\*Chicken is fully cooked when internal temperature reaches 165°.



## 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.



## 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.



## 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.**)



## 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 **¾ 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**.



## 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.



## 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.