



LEMONY HERBED CHICKEN & COUSCOUS SKILLET

with Chicken Thighs & Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



2 Cloves | 4 Cloves
Garlic



10 oz | 20 oz
Diced Chicken Thighs



1 tsp | 2 tsp
Dried Thyme



1 TBSP | 1 TBSP
Fry Seasoning



5 oz | 10 oz
Israeli Couscous
Contains: Wheat



1 | 2
Mushroom Stock Concentrate



1 | 2
Chicken Stock Concentrate



6 oz | 12 oz
Green Beans



1 | 2
Lemon



¼ oz | ½ oz
Parsley



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.



10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 480



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 550



HELLO


ISRAELI COUSCOUS

These tiny, toasty pasta pearls become pleasantly chewy once cooked.

LEMON SQUEEZY

Try rolling the lemon under your palm on the countertop before quartering. This hack softens the citrus fruit, making it easier to get all of that juice when you squeeze it.

BUST OUT

- Medium pan
- Paper towels 
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

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 START PREP

- Wash and dry produce.
- Peel and mince or grate **garlic**.




3 FINISH PREP & COOK BEANS

- Meanwhile, trim **green beans** if necessary. Quarter **lemon**. Roughly chop **parsley**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add green beans and season with **salt** and **pepper**. Cook, stirring occasionally, until browned and tender, 3-6 minutes.



2 MAKE SKILLET

- Open package of **chicken*** and drain off any excess liquid.
- Heat a **drizzle of oil** in a medium pan (**large pan for 4 servings**) over medium-high heat. Add chicken in a single layer; season with **thyme**, **half the Fry Seasoning (all for 4)**, **salt**, and **pepper**. Cook, stirring occasionally, until chicken is browned, 1-2 minutes (**it'll finish cooking later in this step**).
- Add **garlic** and **couscous**; cook, stirring, until garlic is fragrant and couscous is toasted, 30-60 seconds.
- Stir in **mushroom stock concentrate**, **chicken stock concentrate**, **1½ cups water (2¼ cups for 4)**, and a pinch of **salt**. Cover and bring to a boil. Once boiling, reduce heat to low and cook until chicken is cooked through, couscous is tender, and water has absorbed, 12-14 minutes. Keep covered off heat until ready to serve.


 Rinse **shrimp*** under cold water, then pat dry with paper towels. Swap in shrimp for chicken.



4 FINISH & SERVE

- Squeeze **juice from two lemon wedges (four wedges for 4 servings)** over **chicken and couscous**; garnish with **parsley**. **TIP: Add half the lemon juice to start, then taste and add more if you like!**
- Divide chicken and couscous between shallow bowls or serve directly from pan. Serve with **green beans** and remaining lemon wedges on the side.

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

 *Shrimp are fully cooked when internal temperature reaches 145°.