

INGREDIENTS

2 PERSON | 4 PERSON



2 Cloves | 4 Cloves Garlic



Diced Chicken Thighs



1tsp 2tsp Dried Thyme



1 TBSP | 1 TBSP Fry Seasoning



5 oz | 10 oz Israeli Couscous Contains: Wheat



Mushroom Stock Concentrate



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.







LEMONY HERBED CHICKEN & COUSCOUS SKILLET

with Chicken Thighs & Green Beans



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

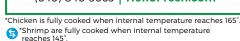
If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

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. 11/2 cups water (21/4 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.