



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?
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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.



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 710



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 550



HELLO

THYME

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

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

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°.

🔗 *Salmon is fully cooked when internal temperature reaches 145°.



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.

- 🔗 Swap in **salmon*** for chicken. Cook (**skin sides down**) until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a plate to rest.



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** (½ 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.

- 🔗 Serve **salmon** atop **zucchini couscous** (no need to slice!).