



CHERRY BALSAMIC CHICKEN

with Almond Couscous & Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



9 oz | 18 oz
Carrots



2 | 2
Scallions



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



10 oz | 20 oz
Chicken Cutlets



5 tsp | 10 tsp
Balsamic Vinegar



1 | 2
Chicken Stock
Concentrate



1 | 2
Cherry Jam



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HelloCustom

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



8 oz | 16 oz
Broccoli
Calories: 600



8 oz | 16 oz
Brussels Sprouts
Calories: 600



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 600



HELLO

CHERRY BALSAMIC SAUCE

Stone-fruit sweetness meets vinegary tang

WHISKED AWAY

For a lump-free sauce, whisk together the vinegar, stock concentrate, jam, and water in a small bowl before cooking.

BUST OUT

- Peeler
 - Paper towels
 - Small pot
 - Large pan
 - Baking sheet
 - Whisk
 - Kosher salt
 - Black pepper
 - Olive oil (1 TBSP | 1 TBSP)
 - Butter (1½ TBSP | 2½ 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 PREP

- Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince **garlic**. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens.

🔄 Cut **broccoli** into bite-size pieces if necessary or trim and halve **Brussels sprouts** lengthwise. (Save carrots for another use.)



4 COOK CHICKEN

- While carrots roast, pat **chicken*** dry with paper towels; season generously all over with **salt** and **pepper**.
- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; transfer to a cutting board to rest.



2 MAKE ALMOND COUSCOUS

- Melt ½ **TBSP butter** in a small pot over medium-high heat. Add **almonds**; cook, stirring, until lightly browned, 1-2 minutes.
- Add **garlic, couscous**, and a **pinch of salt**; cook for 30 seconds.
- Stir in ¾ **cup water** (1½ **cups for 4 servings**) and cover. Bring to a boil, then reduce heat to low. Simmer, covered, until couscous is tender, 6-8 minutes. Drain any excess water from pot if necessary.
- Keep covered off heat until ready to serve.



5 MAKE SAUCE

- Heat a **drizzle of olive oil** in same pan over medium-high heat. Add **scallion whites** and cook for 1 minute.
- Pour in **vinegar, stock concentrate, jam**, and ¼ **cup water** (½ **cup for 4 servings**); whisk to combine. Bring to a simmer and cook until thickened, 3-4 minutes.
- Turn off heat; stir in **1 TBSP butter** (2 **TBSP for 4**) until melted. Season with **salt** and **pepper**.



3 ROAST CARROTS

- Meanwhile, toss **carrots** on a baking sheet with a **drizzle of olive oil, salt, and pepper**.
 - Roast on middle rack until browned and tender, 20-25 minutes.
- 🔄 Swap in **broccoli** or **Brussels sprouts** for carrots; roast 15-20 minutes.



6 FINISH & SERVE

- Fluff **couscous** with a fork; season with **salt** and **pepper**. **TIP: For an extra-rich experience, stir in 1 TBSP butter** (2 **TBSP for 4 servings**).
- Thinly slice **chicken** crosswise.
- Divide couscous, chicken, and **carrots** between plates. Top chicken with **sauce**. Garnish with **scallion greens** and serve.

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