



CRISPY PARMESAN CHICKEN

with Garlic Scallion Couscous & Lemony Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



2 | 2
Scallions



1 Clove | 2 Cloves
Garlic



1 | 1
Lemon



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 tsp | 2 tsp
Paprika



1 tsp | 1 tsp
Chili Powder



10 oz | 20 oz
Chicken Cutlets



½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.



HelloCustom

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



8 oz | 16 oz
Broccoli



6 oz | 12 oz
Asparagus

Calories: 660

Calories: 630



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 690



HELLO

UN-FRIED CHICKEN

Juicy and tender on the inside, crunchy on the outside—no frying needed

BUST OUT

- Medium pot
- Paper towels
- Peeler
- Baking sheet
- Zester
- Strainer
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 3 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.

HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh



1 PREP

- Adjust rack to middle position (**middle and top positions for 4 servings**) and preheat oven to 425 degrees. Bring a medium pot of **salted water** to a boil. **Wash and dry produce.**
- Trim, peel, and halve **carrots** lengthwise; cut crosswise into 2-inch-long pieces. Trim and thinly slice **scallions**, separating whites from greens. Peel and mince or grate **garlic**. Zest and quarter **lemon**.
- Cut **broccoli** into bite-size pieces if necessary or trim and discard woody bottom ends from **asparagus**. (Save **carrots for another use**.)



4 COOK COUSCOUS

- While chicken and carrots roast, add **couscous** to pot with **boiling water**. Cook until tender, 6-8 minutes. Drain thoroughly.
- Melt **2 TBSP butter** (3 TBSP for 4 servings) in empty pot over medium heat. Add **scallion whites** and **garlic**; cook until softened, 1 minute.
- Return cooked couscous to pot and stir until coated. Season with **salt** and **pepper** to taste.



2 COAT CHICKEN

- In a small bowl, combine **panko**, **Parmesan**, **paprika**, a **large drizzle of olive oil**, and a **pinch of chili powder**, **salt**, and **pepper**.
- Pat **chicken*** dry with paper towels; season all over with **salt** and **pepper**. Place on one side of a baking sheet. (For 4 servings, **spread out across entire sheet**.)
- Spread tops of chicken with **sour cream**. Mound with **panko mixture**, pressing to adhere (**no need to coat the undersides**).



5 FINISH CARROTS

- Once **carrots** are done roasting, carefully toss with **lemon zest** and a **squeeze of lemon juice** to taste.
- Toss **broccoli** or **asparagus** as instructed.



3 ROAST CHICKEN & CARROTS

- Toss **carrots** on opposite side of sheet from **chicken** with a **large drizzle of olive oil**, **salt**, and **pepper**. (For 4 servings, **toss carrots on a second sheet**.)
- Roast on middle rack until chicken is cooked through and carrots are browned and tender, 15-20 minutes. (For 4, **roast chicken on middle rack and carrots on top rack**.)
- Transfer chicken to a plate to rest. **TIP: If carrots are done before chicken, remove from sheet and continue roasting chicken.**
- Swap in **broccoli** for carrots.
- Roast **chicken** for 5 minutes; remove sheet from oven. Carefully swap in **asparagus** for carrots; roast until chicken is cooked through, 12-15 minutes more.



6 SERVE

- Divide **chicken**, **carrots**, and **couscous** between plates. Garnish chicken with **scallion greens**. Serve with any **remaining lemon wedges** on the side.

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