




# ZUCCHINI & TOMATO COUSCOUS BOWLS

with Fresh Mozz, Parsley, Chili Flakes & Almonds

## INGREDIENTS

2 PERSON | 4 PERSON

- |   |  |   |
|---|--|---|
| <br><b>2 Cloves   4 Cloves</b><br>Garlic                     | <br><b>1   2</b><br>Zucchini                                    | <br><b>1   2</b><br>Onion                    |
| <br><b>4 oz   8 oz</b><br>Grape Tomatoes                     | <br><b>1   1</b><br>Lemon                                       | <br><b>¼ oz   ½ oz</b><br>Parsley            |
| <br><b>4 oz   8 oz</b><br>Fresh Mozzarella<br>Contains: Milk | <br><b>2.5 oz   5 oz</b><br>Israeli Couscous<br>Contains: Wheat | <br><b>1   2</b><br>Veggie Stock Concentrate |
| <br><b>1 TBSP   1 TBSP</b><br>Italian Seasoning              | <br><b>½ oz   1 oz</b><br>Sliced Almonds<br>Contains: Tree Nuts | <br><b>1 tsp   1 tsp</b><br>Chili Flakes     |



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## 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**  
Chicken Cutlets **Calories: 650**

**PREP: 15 MIN | COOK: 25 MIN | CALORIES: 460**



HELLO

### FRESH MOZZARELLA

A silky, soft cheese with a mild flavor best enjoyed at room temp

### THE RIGHT FLUFF

Fluffing couscous before serving is a simple (but essential!) step. Why go to the trouble? A fork helps make sure each pearl keeps its individual texture, yielding light and tender results.

### BUST OUT

- Small pot
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)
- Olive oil (1 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.

### HOW WAS YOUR MEAL?



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### 1 PREP

- Wash and dry produce.
- Peel and mince or grate **garlic**. Trim and quarter **zucchini** lengthwise; slice crosswise into 1/2-inch-thick quarter-moons. Halve, peel, and dice **onion** into 1/2-inch pieces. Halve **tomatoes**. Quarter **lemon**. Roughly chop **parsley**. Dice **mozzarella** into 1/2-inch pieces.



### 3 COOK VEGGIES

- While couscous cooks, heat a **drizzle of oil** in a large pan over medium-high heat. Add **zucchini, onion,** and **half the Italian Seasoning** (all for 4 servings); cook, stirring occasionally, until browned and softened, 4-6 minutes.
- Add **tomatoes** and **remaining garlic**; cook, stirring, until tomatoes are softened and garlic is fragrant, 1-2 minutes.
- Remove from heat and season with **salt** and **pepper**.

Use pan used for chicken here.



### 2 COOK COUSCOUS

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **half the garlic** and a **big pinch of salt**; cook, stirring, until fragrant, 30 seconds.
- Add **couscous, stock concentrate,** and **3/4 cup water** (1 1/2 cups for 4 servings). Bring to a boil, then reduce to a low simmer and cover. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat until ready to serve.

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



### 4 FINISH & SERVE

- Fluff **couscous** with a fork; stir in a **squeeze of lemon juice** and season with **salt** and **pepper** if needed. (TIP: Stir in 1 TBSP butter for a richer flavor!) Stir in **half the veggies** and **half the parsley**.
- Divide couscous between bowls. Top with remaining veggies, then top with **mozzarella**. Sprinkle with **almonds**, remaining parsley, and as many **chili flakes** as you like. Drizzle each bowl with 1/2 tsp olive oil and serve with **remaining lemon wedges** on the side.
- Slice **chicken** crosswise; top bowls with chicken along with **remaining veggies**.

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