



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



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk



1 tsp | 2 tsp
Hot Smoked
Paprika



10 oz | 20 oz
Chicken Cutlets



2 TBSP | 4 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!

HELLO

PANKO

These flaky, Japanese-style breadcrumbs give chicken an irresistibly light and airy crunch.

CRISPY PARMESAN CHICKEN

with Garlic Scallion Couscous & Lemony Roasted Carrots



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 740



DRY, DRY AGAIN

Why do we always ask you to pat your chicken dry with paper towels? Blotting out as much moisture as possible allows the seasonings to really stick, and ensures even browning in the oven to create deliciously crispy, caramelized edges.

BUST OUT

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

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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.



4 COOK COUSCOUS

- While chicken and carrots roast, add couscous to 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. Taste and season with salt and pepper. Turn off heat.



2 COAT CHICKEN

- In a small bowl, combine panko, Parmesan, paprika, a large drizzle of olive oil, and a pinch of 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.



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.



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°.