



NOV  
2016

## Greek Lemon Chicken with Roast Vegetables and Feta

A feast for the eyes and the tastebuds, this colourful confetti of roasted vegetables and lemony chicken is sure to put you in a good mood. This recipe is a cinch to prepare so get to it!



Prep  
35 min



level 1



Chicken Breast



Zucchini



Sweet Potato



Red Pepper



Red Onion



Feta Cheese



Parsley



Greek Seasoning



Couscous



Vegetable Broth  
Concentrate

## Ingredients

Chicken Breast		2 pkg (680 g)
Zucchini		2
Sweet Potato, 1/2" cubes		1 pkg (340 g)
Red Bell Pepper		2
Red Onion, diced		1 pkg (113 g)
Feta Cheese	1)	1 pkg (56 g)
Greek Seasoning	?	1 pkg (1 tbsp)
Parsley		1 pkg (7 g)
Couscous	2)	1 pkg (170 g)
Vegetable Broth Concentrate		1 pkg
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Milk/Lait
- 2) Wheat/Blé

## Tools

2 Baking sheets, Large Pan, Large Bowl, Measuring Cup, Kettle

**Nutrition per person** Calories: 515 cal | Fat: 8 g | Protein: 50 g | Carbs: 59 g | Fiber: 8 g | Sodium: 707 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1 Preheat your oven to 425°F. (To roast the veggies.) Start prepping when your oven comes up to temperature!**

**2 Prep and roast the veggies: Wash and dry all produce.** Core, then cut the **red pepper** and **zucchini** into ½-inch cubes. Divide the **sweet potatoes, red pepper, zucchini** and **onion** over 2 baking sheets (or one large baking sheet.) Drizzle each with **oil**. Season with **salt** and **pepper**. Toss to combine. Roast in the centre of oven, stirring halfway through cooking, until veggies are golden-brown, 23-25 min.

**3 Cook the chicken:** Meanwhile, pat the **chicken** dry with paper towels, then sprinkle with the **Greek seasoning, salt** and **pepper**. Heat a large pan over medium heat. Add a drizzle of **oil**, then the **chicken**. Cook until the chicken is golden-brown on the bottom, 3-4 min. Flip the chicken over, and reduce the heat to medium-low. Cover and cook until chicken is cooked through, 6-7 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 180°F.)

**4** Meanwhile, bring a kettle of **water** to a boil. Finely chop the **parsley**. Combine the **couscous** and **broth concentrate** in a large bowl. Stir in **1¼ cups boiling water**. Cover and let stand for 5 min.

**5 Finish and serve:** Slice the **chicken** into strips. Stir the **veggies** into the **couscous**. Divide the **veggies** and **chicken** between plates. Sprinkle with **feta** and **parsley**. Drizzle with any pan juices. Enjoy!

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