



MOZZARELLA & HERB CHICKEN

with Roasted Carrots & Buttery Couscous

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 | 1
Lemon



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



½ Cup | 1 Cup
Mozzarella Cheese
Contains: Milk



1 TBSP | 1 TBSP
Italian Seasoning



1 tsp | 1 tsp
Chili Flakes



10 oz | 20 oz
Chicken Cutlets



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Chicken Stock
Concentrate



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

HELLO

ITALIAN SEASONING

Oregano, basil, and parsley make this signature herb blend *molto delizioso*.



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 780



WE PROPOSE A TOAST

When toasting the couscous in step 5, stir until the pearls are evenly coated in butter and lightly golden. Toasting provides an extra layer of savory flavor.

BUST OUT

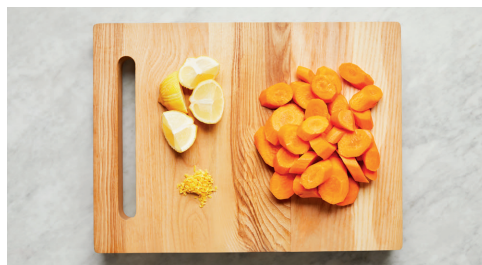
- Peeler
- Zester
- Medium bowl
- Baking sheet
- Paper towels
- Small pot
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 7 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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



1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Zest and quarter **lemon**.



4 ROAST CARROTS & CHICKEN

- Once **carrots** have roasted 5 minutes, remove sheet from oven and carefully place **chicken** on empty side. (**For 4 servings, leave carrots roasting; add chicken to a second baking sheet and roast on middle rack.**)
- Roast on top rack until chicken is golden brown and cooked through and carrots are browned and tender, 15-20 minutes. **TIP: If carrots are done before chicken, remove from oven and continue roasting chicken.**



2 MIX PANKO & START CARROTS

- In a medium bowl, combine **panko, mozzarella, 1 tsp Italian Seasoning (2 tsp for 4 servings), 1 TBSP olive oil (2 TBSP for 4), salt, and pepper.** (**Be sure to measure the Italian Seasoning; we sent more.**)
- Toss **carrots** on one side of a baking sheet with a **drizzle of olive oil, salt, pepper, and a pinch of chili flakes** to taste. (**For 4, spread carrots out across entire baking sheet.**)
- Roast on top rack for 5 minutes (**you'll add the chicken then.**)



5 COOK COUSCOUS

- While carrots and chicken roast, melt **1 TBSP butter (2 TBSP for 4 servings)** in a small pot over medium-high heat. Add **couscous** and a **pinch of salt**. Cook, stirring, until toasted, 2-3 minutes.
- Add **¾ cup water (1½ cups for 4)** and **stock concentrate**. Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes.
- Turn off heat. Drain any excess liquid if necessary.



3 COAT CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **salt and pepper.**
- Evenly spread **sour cream** onto tops of chicken, then mound with **panko mixture**, pressing firmly to adhere (**no need to coat the undersides.**)



6 FINISH & SERVE

- Once chicken is done, stir **1 TBSP butter (2 TBSP for 4 servings)** into **couscous** until melted. Stir in **lemon zest** and a **squeeze of lemon juice** to taste; season with **salt and pepper.**
- Divide couscous, **chicken, and carrots** between plates. Serve with any **remaining lemon wedges** on the side.