



# ONE-PAN CHICKEN AND COUSCOUS PILAF

with Peas, Almonds, and Spicy Crema



## HELLO ALMONDS

These nuts add more than just crunch: they're a great source of calcium, magnesium, and fiber, too!

**PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 750**



Chicken Breasts



Couscous  
(Contains: Wheat)



Roma Tomatoes



Hot Sauce



Peas



Lemons



Chicken Stock Concentrates



Scallions



Sour Cream  
(Contains: Milk)



Turkish Spice Blend



Sliced Almonds  
(Contains: Tree Nuts)



## START STRONG

Winner winner chicken dinner! Make mealtime a success by letting kids help: they can stir the crema and couscous and plate the finished dish.

## BUST OUT

- Paper towel
- Small bowl
- Large pan
- Medium bowl
- Plastic wrap
- Olive oil (2 tsp)
- Butter (3 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 4-person

- Chicken Breasts 24 oz
- Chicken Stock Concentrates 2
- Couscous 1 Cup
- Scallions 4
- Roma Tomatoes 2
- Sour Cream 8 TBSP
- Hot Sauce 2 tsp
- Peas 8 oz
- Sliced Almonds 2 oz
- Turkish Spice Blend 1 TBSP
- Lemons 2

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



HelloFRESH



## 1 COOK CHICKEN

Wash and dry all produce. Pat **chicken** dry with a paper towel. Season all over with plenty of **salt** and **pepper**. Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add chicken and cook until browned on surface and no longer pink in center, 5-7 minutes per side. Transfer to a plate and set aside.



## 4 COOK VEGGIES

Melt **1 TBSP butter** in pan used for chicken over medium-high heat. Stir in **peas**, **tomatoes**, half the **scallions**, half the **almonds**, **Turkish spice**, and a large pinch of **salt**. Cook, stirring, until fragrant and peas are warmed through, about 1 minute.



## 2 MAKE COUSCOUS

Meanwhile, place **1½ cups water** and **stock concentrates** in a medium, microwave-safe bowl. Microwave on high until very hot, about 2 minutes. Carefully remove bowl from microwave and stir in **couscous**, **2 TBSP butter**, and a large pinch of **salt**. Cover with plastic wrap and set aside.



## 5 STIR COUSCOUS

Remove plastic wrap from bowl with **couscous**. Fluff couscous with a fork. Stir in **veggies** from pan. Season with **salt** and **pepper**.



## 3 PREP VEGGIES AND MAKE CREMA

Meanwhile, trim and thinly slice **scallions**. Core and dice **tomatoes**. In a small bowl, mix **sour cream**, **hot sauce** (to taste), and a pinch of **salt**. Stir in water, 1 tsp at a time, until you reach a loose, drizzly consistency.



## 6 PLATE AND SERVE

Divide **couscous** and **chicken** between plates. (**TIP:** Slice chicken first for easier eating.) Drizzle with **crema**. Garnish with remaining **scallions** and **almonds**. Cut **lemons** into quarters and serve on the side for squeezing over.

## FRESH TALK

Who at the table can make the funniest noise?

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | [hello@hellofresh.com](mailto:hello@hellofresh.com)

WK 29 NJ-5\_FAM