



Pesto Chicken with Lemony Couscous and Zucchini Salad

30 Minutes



Chicken Breasts



Lemon



Shallot



Basil Pesto



Israeli Couscous



Zucchini



Garlic



Feta Cheese, crumbled

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO ISRAELI COUSCOUS

Israeli couscous is a pasta shaped like a grain.

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Vegetable peeler, microplane/zester, measuring spoons, medium pot, large bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Lemon	1	1
Shallot	50 g	100 g
Basil Pesto	¼ cup	½ cup
Israeli Couscous	¾ cup	1 ½ cup
Zucchini	200 g	400 g
Garlic	6 g	12 g
Feta Cheese, crumbled	¼ cup	½ cup
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Peel, then finely chop the **shallot**. Peel, then mince or grate **garlic**. Using a vegetable peeler, peel **zucchini** lengthwise into long ribbons. Pat **chicken** dry with paper towel, then season with **salt and pepper**.



Assemble salad

Whisk together **half the lemon zest**, **half the pesto**, **1 tbsp lemon juice** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Set aside. When **couscous** is tender, add **zucchini ribbons** and **couscous** to the **dressing**. Season with **salt and pepper**. Toss together.



Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear, until golden, 2-3 min per side, then add directly to a baking sheet. Bake **chicken**, in the **middle** of the oven, until cooked through, 8-10 min.**



Warm pesto

Heat the same pan from step 2 over low heat. When the pan is hot, add **remaining lemon zest** and **remaining pesto**. Cook, stirring together, until **pesto** is warmed and slightly loose, 1 min.



Make couscous

Meanwhile, heat a medium pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring occasionally, until softened, 2-3 min. Add **couscous** and **garlic**. Stir together, until **couscous** is slightly golden, 2-3 min. Add **1 ½ cups water** (dbl for 4 ppl) and **1 tsp salt** (dbl for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-low. Simmer, still covered, until **couscous** is tender, 8-10 min.



Finish and serve

Thinly slice **chicken**. Divide **chicken** and **couscous salad** between plates. Spoon **lemony-pesto sauce** over **chicken** and crumble **feta** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!