



# YOGURT-MARINATED CHICKEN WITH GARLIC SAUCE

plus Pistachio Couscous & Chili-Roasted Carrots

## INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves  
Garlic



1 | 1  
Lemon



2 TBSP | 4 TBSP  
Yogurt  
Contains: Milk



1 TBSP | 2 TBSP  
Tunisian Spice  
Blend



10 oz | 20 oz  
Chicken Cutlets



12 oz | 24 oz  
Carrots



½ oz | 1 oz  
Pistachios  
Contains: Tree Nuts



¼ oz | ¼ oz  
Cilantro



1 tsp | 1 tsp  
Chili Flakes



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



1 | 2  
Chicken Stock  
Concentrate

## HELLO

### TUNISIAN SPICE BLEND

This aromatic blend—including caraway, smoked paprika, and turmeric—adds warming flavor to a marinade for chicken.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 680



## DAIRY TO DREAM

If you've never used yogurt as a marinade before, get ready—it's a total game changer. This not-so-secret ingredient tenderizes meat quickly and helps it form a super-flavorful crust in the pan.

Try this technique again with pork or lamb chops!

## BUST OUT

- Zester
- Paper towels
- Medium bowl
- Peeler
- Baking sheet
- Small bowl
- Large pan
- Small pot
- Kosher salt
- Black pepper
- Olive oil (5 tsp | 8 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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



### 1 MARINATE CHICKEN

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Peel and mince **garlic**. Zest and quarter **lemon**.
- Pat **chicken\*** dry with paper towels.
- In a medium bowl, combine **Tunisian Spice**, **half the yogurt** (you'll use the rest later), half the garlic, **1 TBSP olive oil**, **1 tsp salt**, a **squeeze of lemon juice**, and **pepper**. (For 4 servings, use 2 TBSP olive oil and 2 tsp salt.) Add chicken and turn to coat. Set aside to marinate.



### 4 COOK CHICKEN

- Heat a **drizzle of olive oil** in a large, preferably nonstick, pan over medium heat.
- Remove **chicken** from marinade; allow excess to drip off. Add chicken to pan and cook until browned and cooked through, 6-8 minutes per side. **TIP: Cooking over medium heat helps prevent the marinade from burning. Lower heat if chicken begins to brown too quickly.**
- Turn off heat; transfer chicken to a cutting board to rest. Once cool enough to handle, slice crosswise.



### 2 PREP & ROAST CARROTS

- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Roughly chop **pistachios**. Roughly chop **cilantro**.
- Toss carrots on a baking sheet with a **drizzle of olive oil**, **salt**, and a **pinch of chili flakes**.
- Roast on top rack until golden brown and tender, 20-25 minutes.



### 5 COOK COUSCOUS

- Meanwhile, melt **1 TBSP butter** (2 TBSP for 4 servings) in a small pot over medium-high heat. Add **pistachios** and cook, stirring constantly, until lightly browned, 2-4 minutes.
- Add **couscous** and a **pinch of salt**; cook, stirring, until toasted, 30 seconds.
- Stir in **stock concentrate** and **¾ cup water** (1½ cups for 4). Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes.
- Fluff couscous with a fork; stir in **lemon zest** and **half the cilantro**. Season with **salt** and **pepper**.



### 3 MAKE SAUCE

- While carrots roast, in a small bowl, combine **sour cream** and **remaining yogurt** with **remaining garlic** to taste. Season with **salt** and **pepper**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



### 6 SERVE

- Divide **chicken**, **couscous**, and **carrots** between plates. Drizzle chicken with **garlic sauce** and sprinkle with **remaining cilantro** and with **chili flakes** if desired. Serve with **remaining lemon wedges** on the side.