

# **INGREDIENTS**

2 PERSON | 4 PERSON



2 Cloves | 4 Cloves Garlic



Zucchini



**Grape Tomatoes** 



Lemon



1/4 oz | 1/4 oz Parsley



4 oz | 8 oz Fresh Mozzarella Contains: Milk



2.5 oz | 5 oz Israeli Couscous Contains: Wheat



Veggie Stock Concentrate



1 TBSP | 1 TBSP Italian Seasoning



½ oz | 1 oz Sliced Almonds **Contains: Tree Nuts** 



1tsp | 1tsp Chili Flakes



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



# **HelloCustom**

If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz **6** Chicken Cutlets



10 oz | **20 oz** Organic Chicken



Calories: 640

# **ZUCCHINI & TOMATO COUSCOUS BOWLS**

with Fresh Mozz, Parsley, Chili Flakes & Almonds



PREP: 15 MIN COOK: 25 MIN CALORIES: 460



# HELLO

### **FRESH MOZZARELLA**

A silky, soft cheese with a mild flavor best enjoyed at room temp

#### **MAKING THE CUT**

Always seem to squish tomatoes when you're trying to slice 'em? Try switching to a serrated or bread knife! The teeth on the blade will cut through the skin every time.

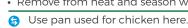
#### **BUST OUT**

- Small pot
- Paper towels 5 5
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp) 😉 😉
- Olive oil (1 tsp | 2 tsp)

#### **GET SOCIAL**

Share your #HelloFreshPics with us @HelloFresh

> (646) 846-3663 HelloFresh.com





#### 1 PREP

- Wash and dry produce.
- Peel and mince or grate garlic. Trim and guarter zucchini lengthwise; slice crosswise into ½-inch-thick quarter-moons. Halve tomatoes. Quarter lemon. Roughly chop parsley. Dice mozzarella into ½-inch pieces.



## **3 COOK VEGGIES**

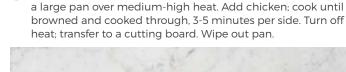
- While couscous cooks, heat a drizzle of oil in a large pan over medium-high heat. Add zucchini and half the Italian Seasoning (all for 4 servings); cook, stirring occasionally, until browned and softened. 4-6 minutes.
- Add tomatoes and remaining garlic; cook, stirring, until tomatoes are softened and garlic is fragrant, 1-2 minutes.
- Remove from heat and season with salt and pepper.
- **6**





#### 2 COOK COUSCOUS

- Heat a drizzle of oil in a small pot over medium-high heat. Add half the garlic and a big pinch of salt; cook, stirring, until fragrant. 30 seconds.
- Add couscous, stock concentrate, and 3/4 cup water (11/2 cups for 4 servings). Bring to a boil, then reduce to a low simmer and cover. Cook until couscous is tender, 6-8 minutes.
- · Keep covered off heat until ready to serve.
- Pat chicken\* or organic chicken\* dry with paper towels and season all over with salt and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add chicken; cook until





## **4 FINISH & SERVE**

- Fluff couscous with a fork; stir in a squeeze of lemon juice and season with salt and pepper if needed. (TIP: Stir in 1 TBSP butter for a richer flavor!) Stir in half the veggies and half the parsley.
- · Divide couscous between bowls. Top with remaining veggies, then top with mozzarella. Sprinkle with almonds, remaining parsley, and as many chili flakes as you like. Drizzle each bowl with 1/2 tsp olive oil and serve with remaining lemon wedges on the side.
- Slice chicken or organic chicken crosswise; top bowls with
- chicken along with remaining veggies.