



## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



2 | 2  
Scallions



1 Clove | 2 Cloves  
Garlic



1 | 1  
Lemon



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



¼ Cup | ½ Cup  
Parmesan Cheese  
Contains: Milk



1 tsp | 2 tsp  
Hot Smoked  
Paprika



10 oz | 20 oz  
Chicken Cutlets\*\*



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat

\*\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package--rest assured it contains the correct amount.



### HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



8 oz | 16 oz  
Broccoli Florets

Calories: 610

# CRISPY PARMESAN CHICKEN

with Garlic Scallion Couscous & Lemony Roasted Carrots



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 740





# HELLO FRESH

## HELLO

## PANKO

These flaky, Japanese-style breadcrumbs give chicken an irresistibly light and airy crunch.

### SIMPLY THE ZEST

We like using a microplane or dedicated zester for zesting citrus. If you don't have one, use a peeler or paring knife to remove just the yellow surface layer from the lemon, then mince it.

### BUST OUT

- Medium pot
- Peeler
- Zester
- Small bowl
- Paper towels
- Baking sheet
- Strainer
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 3 TBSP)  
Contains: Milk

### GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663  
HelloFresh.com



### 1 PREP

- Adjust rack to middle position (middle and top positions for 4 servings) and preheat oven to 425 degrees. Bring a medium pot of **salted water** to a boil. **Wash and dry produce.**
- Trim, peel, and halve **carrots** lengthwise; cut crosswise into 2-inch-long pieces. Trim and thinly slice **scallions**, separating whites from greens. Peel and mince or grate **garlic**. Zest and quarter **lemon**.

- Cut **broccoli florets** into bite-size pieces if necessary. (Save **couscous** for another use.)



### 4 COOK COUSCOUS

- While chicken and carrots roast, add **couscous** to boiling water. Cook until tender, 6-8 minutes. Drain thoroughly.
- Melt **2 TBSP butter** (3 TBSP for 4 servings) in empty pot over medium heat. Add **scallion whites** and **garlic**; cook until softened, 1 minute.
- Return cooked couscous to pot and stir until coated. Taste and season with **salt** and **pepper**. Turn off heat.

- Simply cook through this step as instructed, swapping in **broccoli** for couscous.



### 2 COAT CHICKEN

- In a small bowl, combine **panko**, **Parmesan**, **paprika**, a **large drizzle of olive oil**, and a **pinch of salt** and **pepper**.
- Pat **chicken\*** dry with paper towels; season all over with **salt** and **pepper**. Place on one side of a baking sheet (for 4 servings, spread out across entire sheet).
- Spread tops of chicken with **sour cream**. Mound with **panko mixture**, pressing to adhere (no need to coat the undersides).



### 5 FINISH CARROTS

- Once **carrots** are done roasting, carefully toss with **lemon zest** and a **squeeze of lemon juice** to taste.



### 3 ROAST CHICKEN & CARROTS

- Toss **carrots** on opposite side of sheet from **chicken** with a **large drizzle of olive oil**, **salt**, and **pepper**. (For 4 servings, toss carrots on a second sheet.)
- Roast on middle rack until chicken is cooked through and carrots are browned and tender, 15-20 minutes. (For 4, roast chicken on middle rack and carrots on top rack.)
- Transfer chicken to a plate to rest. **TIP: If carrots are done before chicken, remove from sheet and continue roasting chicken.**



### 6 SERVE

- Divide **chicken**, **carrots**, and **couscous** between plates. Garnish chicken with **scallion greens**. Serve with any **remaining lemon wedges** on the side.

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