

## **INGREDIENTS**

2 PERSON | 4 PERSON



12 oz | 24 oz Carrots



2 | 2 Scallions



1 Clove | 2 Cloves



1 | 1 Lemon



Y Cup | Y Cup Panko Breadcrumbs Contains: Wheat



% Cup | % 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.

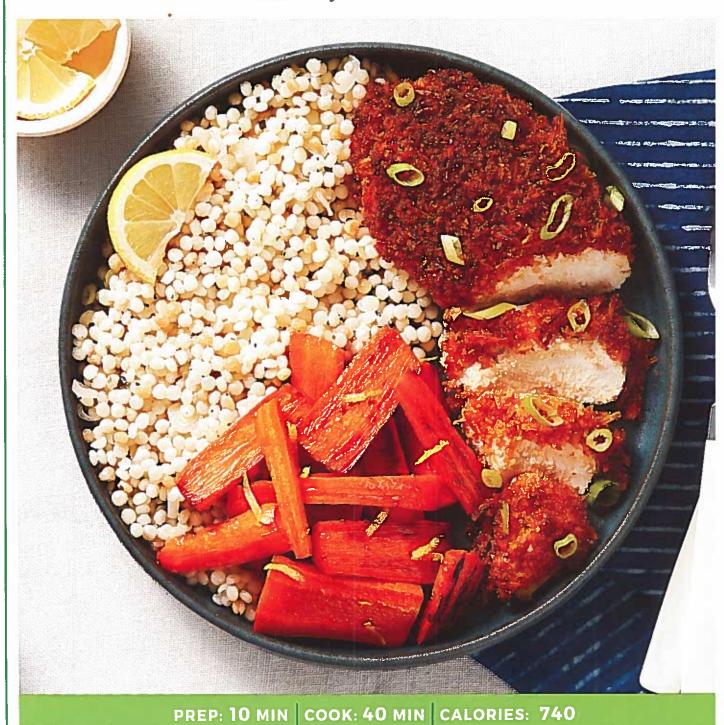


8 oz | 16 oz



# **CRISPY PARMESAN CHICKEN**

with Garlic Scallion Couscous & Lemony Roasted Carrots





## 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)

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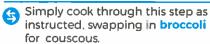
#### 1 PREP

- 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 guarter 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.





#### 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).



# **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.



# **5 FINISH CARROTS**

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



# 6 SERVE

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