



CRISPY ITALIAN CHICKEN

with Garlic Butter Couscous & Zucchini

WHAT WE SEND (2 servings | 4 servings)

❄️ **Keep refrigerated**

Chicken is fully cooked when internal temperature reaches 165 degrees.



Zucchini *
(1 | 2)



Garlic
(2 Cloves | 4 Cloves)



Panko Breadcrumbs
(1 | 1)
Contains wheat



Italian Seasoning
(1 | 2)



Chicken Breasts *
(1 | 2)



Sour Cream *
(1 | 2)
Contains milk



Israeli Couscous
(1 | 2)
Contains wheat



Chicken Stock Concentrate
(1 | 2)

WHAT YOU'LL NEED

Butter
(2 ½ TBSP | 4 TBSP)
Contains milk

Olive Oil
(1 tsp | 2 tsp)

Vegetable Oil
(1 tsp | 2 tsp)

CHEF'S TIP

In step 3, we instruct you to spread sour cream onto your chicken. Our favorite tool for the job is a basting brush, but if you don't have one, simply use the back of your spoon! #LIFEHACK



1. Preheat oven to 450 degrees. **Wash and dry all produce.** Lightly coat a baking sheet with **olive oil**. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Peel and finely chop **garlic**.



2. Place ½ **TBSP butter** (1 **TBSP** for 4 **servings**) in a small microwave-safe bowl; microwave until melted, 30 seconds. Stir in **half the panko** (all for 4) and **half the Italian Seasoning** (you'll use the rest later). Season with **salt** and **pepper**.



3. Pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Place on prepared baking sheet. Spread **sour cream** onto tops of chicken, then mound with **seasoned panko**, pressing to adhere (no need to coat the undersides). Roast until chicken is golden brown and cooked through, 12-15 minutes. (If you'd like a darker crust on your chicken, heat broiler to high. Broil chicken until deeply browned, 2-3 minutes.)



4. Meanwhile, melt 1 **TBSP butter** in a medium pot over medium-high heat. Add **garlic** and cook until fragrant, 30 seconds. Add **couscous** and cook until toasted, 1-2 minutes. Stir in **stock concentrate**, ¾ **cup water** (1 ½ **cups** for 4 **servings**), and a large pinch of **salt**. Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes. Keep covered off heat until ready to serve.



5. While couscous cooks, heat a **drizzle of oil** in a large pan over medium-high heat. Add **zucchini**; season with **salt, pepper**, and **remaining Italian Seasoning**. Cook, stirring, until browned and tender, 5-6 minutes. Turn off heat.



6. Fluff **couscous** with a fork; stir in 1 **TBSP butter** (2 **TBSP** for 4 **servings**) and season with **salt** and **pepper**. Divide **couscous**, **chicken**, and **zucchini** between plates.

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