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## CREAMY DIJON CHICKEN

with Zucchini & Couscous

### WHAT WE SEND (2 servings | 4 servings)

\* Keep refrigerated



**Israeli  
Couscous**  
(1 | 2)

Contains: Wheat



**Zucchini \***  
(1 | 2)



**Garlic**  
(2 Cloves | 4 Cloves)



**Scallions \***  
(1 | 1)



**Italian  
Seasoning**  
(1 | 2)



**Chicken  
Breasts \***  
(1 | 2)



**Chicken Stock  
Concentrate**  
(1 | 2)



**Sour Cream \***  
(1 | 2)  
Contains: Milk



**Dijon Mustard**  
(1 | 2)

#### WHAT YOU'LL NEED

**Kosher Salt  
Black Pepper**

**Olive Oil**  
(2 tsp | 4 tsp)

**Butter**  
(2 TBSP | 4 TBSP)  
Contains: Milk

**Vegetable Oil**  
(2 tsp | 4 tsp)

#### CUSTOMPLATE

Swap out your sides with CustomPlate! See the back for details on how to cook your new sides.



## CHEF'S TIP

Why are we always telling you to pat your meat dry, as you will in step 1? Well, since you asked, drying protein with paper towels ensures even browning rather than steaming. Crispy, caramelized edges = major flavor!

## HAVE A CUSTOMPLATE?

Did you substitute broccoli florets for couscous? In step 1, cut broccoli into bite-size pieces and finely chop just 1 garlic clove. In step 2, toss zucchini and broccoli on a baking sheet with a large drizzle of oil, 2 tsp Italian Seasoning, salt, and pepper. Roast until browned and tender, 12–15 minutes. Skip step 3; add broccoli to plates in step 6.

1.



Preheat oven to 450 degrees. **Wash and dry all produce.** Trim and halve zucchini lengthwise; slice crosswise into ½-inch-thick half-moons. Trim and thinly slice scallions, separating whites from greens. Peel and finely chop garlic. Pat chicken dry with paper towels and season all over with half the Italian Seasoning (you'll use more in the next step), salt, and pepper.

2.



Toss zucchini on a baking sheet with a large drizzle of olive oil, 1 tsp remaining Italian Seasoning (2 tsp for 4 servings; we sent more), salt, and pepper. Roast until browned and tender, 12–15 minutes.

3.



While zucchini roasts, melt 1 TBSP butter (2 TBSP for 4 servings) in a medium pot over medium-high heat. Add couscous and half the garlic; cook until toasted and fragrant, 1–2 minutes. Stir in ¾ cup water (1½ cups for 4) and a big pinch of salt. Bring to a boil, then cover and reduce heat to low. Cook until tender, 6–8 minutes. Keep covered off heat until ready to serve.

4.



Meanwhile, heat a drizzle of oil in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 5–6 minutes per side. (Lower heat if chicken begins to brown too quickly!) Turn off heat; transfer to a cutting board to rest for 5 minutes. Wash out pan.

5.



Heat a drizzle of oil in same pan over medium heat. Add scallion whites and remaining garlic; cook until fragrant, 30 seconds. Stir in stock concentrate and 2 TBSP water (3 TBSP for 4 servings). Remove pan from heat to cool slightly, then stir in sour cream, mustard, and 1 TBSP butter (2 TBSP for 4) until melted and combined. Season with pepper. (If sauce is too thick, stir in another splash of water.)

*Chicken is fully cooked when internal temperature reaches 165 degrees.*

6.



Fluff couscous with a fork and season with salt and pepper. Divide chicken, couscous, and zucchini between plates. Drizzle chicken with sauce and sprinkle with scallion greens.

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