EveryPlate







CRISPY ITALIAN CHICKEN

with Garlic Butter Couscous & Zucchini

WHAT WE SEND (2 servings) 4 servings)

★ Keep refrigerated



Garlic



(2 Cloves | 4 Cloves)



(1 | 2)Contains: Milk



(1 | 2)



Israeli Couscous

(1 | 2)Contains: Wheat



Panko **Breadcrumbs**

(1 | 1)Contains: Wheat



Chicken Stock Concentrate (1 | 2)



Italian Seasoning (1 | 2)

Breasts * (1 | 2)

WHAT YOU'LL NEED

Kosher Salt Black Pepper

Butter

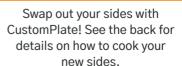
(2½ TBSP | 4 TBSP) Contains: Milk

Vegetable Oil (1 tsp | 2 tsp)

Olive Oil

(1 tsp | 2 tsp)

CUSTOMPLATE





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 a spoon! #LIFEHACK

HAVE A CUSTOMPLATE?

Did you substitute green beans for zucchini? In step 5, heat a drizzle of oil in a large pan over medium-high heat. Add green beans and ¼ cup water (⅓ cup for 4); season with salt and pepper. Cook, stirring, until water has evaporated and green beans are tender, 6-7 minutes. (If necessary, add another splash of water to help soften.)



Preheat oven to 450 degrees. Wash and dry 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.



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 the panko for 4) and 2 tsp Italian Seasoning (4 tsp for 4; you'll use the rest later). Season with salt and pepper.



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 more—just be sure to watch carefully to avoid burning!)



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, 3/4 cup water (1½ cups for 4 servings), and a big pinch of salt. Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6–8 minutes. Drain any excess liquid if necessary. Keep covered off heat until ready to serve.



While couscous cooks, heat a **drizzle of oil** in a large pan over medium-high heat. Add **zucchini**; season with **remaining Italian Seasoning**, **salt**, and **pepper**. Cook, stirring, until browned and tender, 4–7 minutes. Turn off heat.



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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