EveryPlate





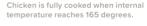


CRISPY ITALIAN CHICKEN

with Garlic Butter Couscous & Zucchini

WHAT WE SEND (2 servings | 4 servings)

* Keep refrigerated





Zucchini * (1 | 2)



Chicken Breasts * (1 | 2)



Garlic (2 Cloves | 4 Cloves)



Sour Cream * (1 | 2)Contains milk



Panko Breadcrumbs (1 | 1)Contains wheat



Israeli Couscous (1 | 2)Contains wheat



Italian Seasoning (1 | 2)



Chicken Stock Concentrate (1 | 2)

WHAT YOU'LL NEED

Butter (2 1/2 TBSP | 4 TBSP) Contains milk

Olive Oil (1 tsp | 2 tsp) Vegetable Oil (1 tsp | 2 tsp)



CHEF'S
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 specific the job is a basting brush, but if you don't have one, simply use the back of your specific the job is a basting brush, but if you don't have one, simply use the back of your specific the job is a basting brush, but if you don't have one, simply use the back of your specific the job is a basting brush, but if you don't have one, simply use the back of your specific the job is a basting brush. the job is a basting brush, but if you don't have one, simply use the back of your spoon! #LIFEHACK



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 1/2-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.)



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 (1 1/2 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.



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.



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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