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CRISPY ITALIAN CHICKEN

with Garlic Butter Couscous & Zucchini

WHAT WE SEND (2 servings | 4 servings)

* Keep refrigerated



Garlic

(2 Cloves | 4 Cloves)



Zucchini *

(1 | 2)



**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

**Kosher Salt
Black Pepper**

Olive Oil
(1 tsp | 2 tsp)

Butter
(2½ TBSP | 4 TBSP)
Contains: Milk

Vegetable Oil
(1 tsp | 2 tsp)

CUSTOMPLATE

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



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 $\frac{1}{4}$ cup water ($\frac{1}{3}$ 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.)

1.



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 $\frac{1}{2}$ -inch-thick half-moons. Peel and finely chop **garlic**.

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

5.



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.

2.



Place $\frac{1}{2}$ 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**.

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, $\frac{3}{4}$ cup water** (**$1\frac{1}{2}$ 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.

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.