



# Greek-Style Lemon Chicken

## with Roasted Veggie Couscous and Feta

Family Friendly 30 Minutes

Customized Protein + Add ↻ Swap or \*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



<span>↻ Swap</span> 	<span>↻ Swap</span> 
Chicken Thighs 280 g   560 g	Tofu 1   2

Chicken Breasts 2   4	Couscous ½ cup   1 cup

Zucchini 1   2	Sweet Bell Pepper 1   2

Lemon 1   1	Feta Cheese, crumbled ¼ cup   ½ cup

Chicken Broth Concentrate 1   2	Dill-Garlic Spice Blend 1 tsp   2 tsp

Zesty Garlic Blend 1 tbsp   2 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, pepper, salt

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, zester

1



## Prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Core, then cut **pepper** into ½-inch pieces.
- Cut **zucchini** into ½-inch pieces.
- Zest, then juice **half the lemon**. Cut **any remaining lemon** into wedges.

2



## Roast veggies

- Add **peppers, zucchini, Zesty Garlic Blend** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until tender, 15-17 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)

3



## Sear chicken

- Swap | **Chicken Thighs**
- Swap | **Tofu**
- Meanwhile, pat **chicken** dry with paper towels. Season with **salt, pepper** and **Dill-Garlic Spice Blend**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed, using ½ tbsp oil per batch.)
- Cook until golden-brown, 3-4 min per side. (**NOTE:** Chicken will finish cooking in step 4.)

4



## Roast chicken

Swap | **Tofu**

- When **veggies** have roasted for 10 min, carefully remove the baking sheet with **veggies** from the oven. Move **veggies** toward the edges of the sheet.
- Transfer **chicken** to the centre of the baking sheet.
- Continue to roast in the **middle** of the oven until **veggies** are tender and **chicken** is cooked through, 10-12 min.\*\* (**NOTE:** For 4 ppl, roast in the top and middle of the oven.)

5



## Cook and assemble couscous

- Meanwhile, add **⅔ cup** (1 ⅓ cups) **water**, **¼ tsp** (½ tsp) **salt**, **1 tbsp** (2 tbsp) **oil** and **broth concentrate** to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.
- When **couscous** is tender, fluff with a fork, then add **roasted veggies, lemon zest** and **1 tbsp** (2 tbsp) **lemon juice**.
- Season with **pepper**, then stir to combine.

6



## Finish and serve

- Thinly slice **chicken**.
- Divide **roasted veggie couscous** and **chicken** between plates.
- Sprinkle with **feta**. Drizzle any **juices** from the baking sheet over top.
- Squeeze a **lemon wedge** over top, if desired.

Measurements within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

## 3 | Sear chicken

Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **chicken breasts**.

## 3 | Prep and sear tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half, parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the **chicken**. When the pan is hot, add **1 tbsp oil**, then **tofu**. (**NOTE:** Don't overcrowd the pan; cook tofu in 2 batches if needed, using 1 tbsp oil per batch.) Cook until golden-brown, 2-3 min per side.

## 4 | Roast tofu

Swap | **Tofu**

Roast **tofu** in the **middle** of the oven until **veggies** and **tofu** are tender, 6-8 min.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.