



# Greek-Inspired Chicken and Couscous Salad with Lemon Cream

Quick 25 Minutes



Chicken Thighs



Chicken Breasts



Dill-Garlic Spice Blend



Lemon



Couscous



Roma Tomato



Baby Spinach



Mixed Olives



Feta Cheese, crumbled



Garlic Salt



Sour Cream

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set. Happy cooking!

HELLO MIXED OLIVES

*This mix of kalamata and green olives is a fantastic flavour bomb!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, medium pot, large bowl, 2 small bowls, measuring cups, large non-stick pan, paper towels, zester

## Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Dill-Garlic Spice Blend	1 tsp	2 tsp
Lemon	1	2
Couscous	½ cup	1 cup
Roma Tomato	80 g	160 g
Baby Spinach	56 g	113 g
Mixed Olives	30 g	60 g
Feta Cheese, crumbled	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Sour Cream	3 tbsp	6 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

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

## 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.*

## Contact

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### Cook couscous

- Place a large bowl in the fridge to chill.
- Add **1 tbsp butter**, **⅓ cup water** (dbl both for 4 ppl) and **half the garlic salt** to a medium pot. Season with **pepper**, to taste. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then stir in **couscous**.
- Cover and let stand for 5 min.



### Prep and make lemon cream

- Meanwhile, cut **tomato** into ½-inch pieces.
- Drain **olives**, reserving **brine**, then roughly chop.
- Zest, then juice **lemon**.
- Add **sour cream**, **1 tsp water**, **½ tsp lemon juice**, **½ tsp lemon zest** and **¼ tsp sugar** (dbl all for 4 ppl) to a small bowl. Season with **salt** and **pepper**, to taste, then stir to combine.



### Cook chicken

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **Dill-Garlic Spice Blend** and **remaining garlic salt**.
- When the pan is hot, add **½ tsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown, 2 min per side.
- Transfer **chicken** to an unlined baking sheet.
- Roast in the **top** of the oven until cooked through, 8-10 min.\*\*

If you've opted to get **chicken breasts**, prepare and pan-fry them in the same way the recipe instructs you to prepare and pan-fry the **chicken thighs**, then increase the roast time to 10-12 min.\*\*



### Make vinaigrette

- Add **remaining lemon juice**, **1 tsp olive brine**, **2 tbsp oil** and **¼ tsp sugar** (dbl all for 4 ppl) to another small bowl.
- Season with **salt** and **pepper**, to taste, then whisk with a fork to combine.



### Cool down couscous

- When **couscous** is tender, fluff with a fork.
- Transfer **couscous** to the chilled bowl, then toss to cool slightly, 30 sec.
- Place **couscous** in the fridge, tossing occasionally, until **couscous** is no longer hot.



### Finish and serve

- Thinly slice **chicken**.
- Add **tomatoes**, **olives**, **spinach** and **feta** to the bowl with **couscous**. (**NOTE:** It's ok if couscous is slightly warm after cooling.)
- Drizzle **vinaigrette** over top, then toss to combine.
- Divide **salad** between plates. Top with **chicken**.
- Dollop **lemon cream** over top.

## Dinner Solved!