



# Greek Lemon Chicken

with Herby Couscous, Roasted Veggies and Feta

Quick

30 Minutes



Chicken Breasts



Zucchini



Sweet Bell Pepper



Red Onion



Feta Cheese



Lemon-Pepper  
Seasoning



Couscous



Vegetable Broth  
Concentrate



Parsley



Lemon

## HELLO LEMON-PEPPER

*This seasoning is commonly used in Greek cuisine and adds a citrusy flavour*



## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust Out

Baking sheet, kettle, measuring spoons, zester, large bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Feta Cheese	¼ cup	½ cup
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Couscous	½ cup	1 cup
Vegetable Broth Concentrate	1	1
Parsley	7 g	14 g
Lemon	1	1
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 our meal kit labels for the most current allergen information.

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

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## Roast veggies

Peel, halve, then chop **onion** into ¼-inch pieces. Core, then cut **pepper** into ½-inch pieces. Cut **zucchini** into ½-inch pieces. Toss **peppers, zucchini, onions** and **half the Lemon-Pepper Seasoning** with **1 tbsp oil** on a baking sheet (**NOTE:** Use 2 baking sheets for 4 ppl, with 1 tbsp oil for each sheet.) Season with **salt** and **pepper**. Roast in the **middle** of the oven, until tender-crisp, 6-8 minutes. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

2



## Pan-fry chicken

While **veggies** roast, pat **chicken** dry with the paper towels. Sprinkle over **remaining Lemon-Pepper Seasoning**. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, until golden-brown, 2-3 min per side.

3



## Roast chicken

Transfer **chicken** to the baking sheet with the **veggies**. Roast in the **middle** of the oven, until **veggies** are golden and **chicken** is cooked through, 12-14 min.\*\*

4



## Make couscous

While **chicken** cooks, bring a kettle of **water** to a boil. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Stir together **couscous, broth concentrate** and **lemon zest** in a large bowl. Stir in **¾ cup boiling water** (dbl for 4 ppl). Cover and let stand, until **liquid** is absorbed, 5-6 min.

5



## Assemble couscous

While **couscous** hydrates, roughly chop **parsley**. When **couscous** is done, stir in **roasted veggies, parsley, ½ tbsp lemon juice** and **½ tbsp oil** (dbl both for 4 ppl). Season with **salt** and **pepper**.

6



## Finish and serve

Slice **chicken**. Divide **couscous** and **chicken** between plates. Crumble over **feta**. Drizzle **remaining juices** from the baking sheet over top. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!