

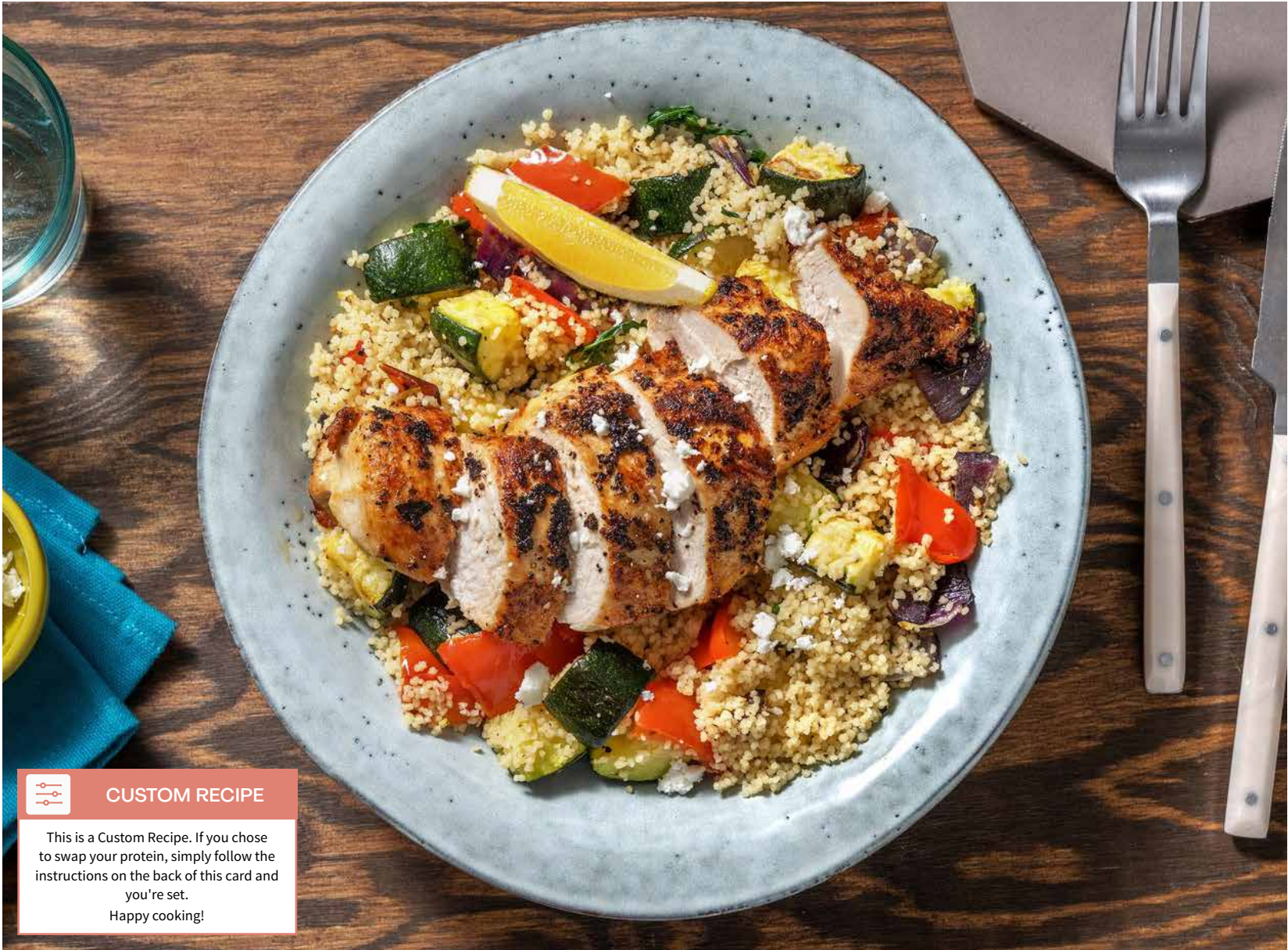


Greek Lemon Chicken

with Herby Couscous, Roasted Veggies and Feta

Quick

25 Minutes



Chicken Breasts



Chicken Thighs



Zucchini



Sweet Bell Pepper



Red Onion



Feta Cheese, crumbled



Lemon-Pepper Seasoning



Couscous



Vegetable Broth Concentrate



Parsley



Lemon



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 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, measuring spoons, measuring cups, medium pot, zester, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Thighs ♦	4	8
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Feta Cheese, crumbled	¼ cup	½ cup
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Couscous	½ cup	1 cup
Vegetable Broth Concentrate	1	1
Parsley	7 g	7 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 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.

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Roast veggies

Peel, then cut **onion** into ¼-inch pieces. Core, then cut **pepper** into ½-inch pieces. Cut **zucchini** into ½-inch pieces. Add **peppers, zucchini, onions, half the Lemon-Pepper Seasoning** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** Use 2 baking sheets for 4 ppl, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to combine. 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.)



Make couscous

While **chicken** roasts, add **¾ cup water**, **½ tsp salt** (dbl both for 4 ppl) 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 for 5 min. When **couscous** is tender, add **lemon zest**, then fluff with a fork. Season with **salt** and **pepper**.



Pan-fry chicken

While **veggies** roast, pat **chicken** dry with paper towels. Sprinkle with **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**. Sear until golden-brown, 2-3 min per side.



CUSTOM RECIPE

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



Assemble couscous

While **couscous** hydrates, roughly chop **parsley**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. When **couscous** is done, add **roasted veggies, parsley, ½ tsp lemon juice** and **1 tbsp oil** (dbl both for 4 ppl). Season with **salt** and **pepper**, then stir to combine.



Roast chicken

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



Finish and serve

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

Dinner Solved!