



Greek-Style Lemon Chicken

with Roasted Veggie Couscous and Feta

Family Friendly

35 Minutes



Chicken Breasts



Zucchini



Sweet Bell Pepper



Shallot



Feta Cheese,
crumbled



Dill-Garlic Spice
Blend



Couscous



Chicken Broth
Concentrate



Parsley



Lemon

HELLO LEMON ZEST

Punch up the flavour of roasted veggie couscous with a sprinkle of lemon zest!

Start here

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

Bust out

Baking sheet, measuring spoons, zester, medium pot, 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
Shallot	50 g	100 g
Feta Cheese, crumbled	¼ cup	½ cup
Dill-Garlic Spice Blend	1 tsp	2 tsp
Couscous	½ cup	1 cup
Chicken Broth Concentrate	1	2
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 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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hello@hellofresh.ca

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Prep

Core, then cut **pepper** into ½-inch pieces. Cut **zucchini** into ½-inch pieces. Peel, then thinly slice **shallot**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges. Roughly chop **parsley**.



Roast veggies

Add **peppers, zucchini, shallots** 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, 18-20 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)



Roast chicken

Carefully remove the baking sheet with **veggies** from the oven. Move **veggies** towards the edges of the sheet. Transfer **chicken** to the centre of the baking sheet. Continue to roast in **middle** of the oven until **veggies** are tender and **chicken** is cooked through, 12-14 min.**



Cook and assemble couscous

Meanwhile, add **¾ cup water**, **½ tsp salt**, **1 tbsp oil** (dbl all 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, fluff with a fork, then add **roasted veggies, parsley, lemon zest** and **1 tbsp lemon juice** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine.



Sear chicken

Meanwhile, pat **chicken** dry with paper towels. Season with **salt, Dill-Garlic Blend**, and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), 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, 2-3 min per side. (**NOTE:** Chicken will finish cooking in step 4.)



Finish and serve

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

Dinner Solved!