



Greek-Style Lemon Chicken

with Roasted Veggie Couscous and Feta

Family Friendly 30-40 Minutes



Chicken Breasts



Zucchini



Sweet Bell Pepper



Shallot



Feta Cheese,
crumbled



Dill-Garlic Spice
Blend



Couscous



Chicken Broth
Concentrate



Lemon



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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
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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Prep

- Core, then cut **pepper** into ½-inch pieces.
- Cut **zucchini** into ½-inch pieces.
- Peel, then cut **shallot** into ¼-inch slices.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.



Roast chicken

- When **veggies** have roasted for 10 min, 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 the **middle** of the oven until **veggies** are tender and **chicken** is cooked through, 12-14 min. **



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.)



Cook and assemble couscous

- Meanwhile, add **¾ cup water, ¼ 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, lemon zest** and **1 tbsp lemon juice** (dbl for 4 ppl). Season with **pepper**, then stir to combine.



Sear chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt, pepper** and **Dill-Garlic Blend**.
- 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 **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.

Dinner Solved!