



# Greek-Style Lemon Chicken

with Roasted Veggie Couscous and Feta

Family Friendly 30-40 Minutes



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Chicken Breasts



Couscous



Zucchini



Sweet Bell Pepper



Lemon



Feta Cheese,  
crumbled



Chicken Broth  
Concentrate



Dill-Garlic Spice  
Blend

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.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## 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
Couscous	½ cup	1 cup
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	1
Feta Cheese, crumbled	¼ cup	½ cup
Chicken Broth Concentrate	1	2
Dill-Garlic Spice Blend	1 tsp	2 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.



### Prep

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



### Roast veggies

- Add **peppers, zucchini** 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, 15-17 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)



### Sear chicken

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



### Roast chicken

- When **veggies** have roasted for 5 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, 10-12 min. \*\* (**NOTE:** For 4 ppl, roast in the top and middle of the oven.)



### Cook and assemble couscous

- Meanwhile, add ¾ **cup** (1 ⅓ cups) **water**, ¼ **tsp** (½ tsp) **salt**, **1 tbsp** (2 tbsp) **oil** 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** (2 tbsp) **lemon juice**. Season with **pepper**, then stir to combine.



### 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!



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