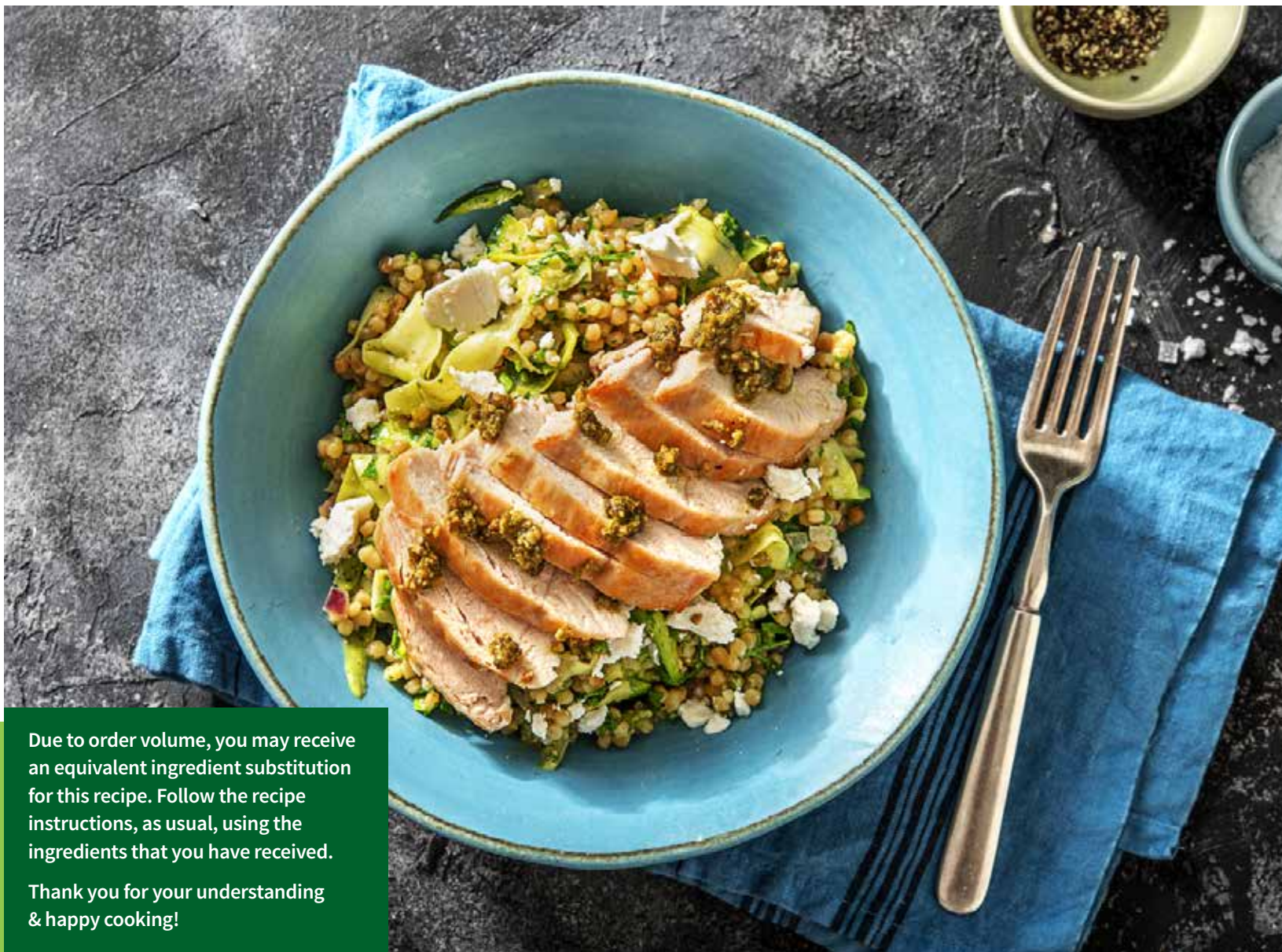




Pesto Chicken with Lemony Couscous and Zucchini Salad

PRONTO 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Lemon



Red Onion, chopped



Parsley



Basil Pesto



Israeli Couscous



Zucchini



Garlic



Feta Cheese, crumbled

HELLO ISRAELI COUSCOUS

Israeli couscous is a pasta shaped like a grain

START HERE

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking Sheet, Measuring Cups, Whisk, Measuring Spoons, Paper Towels, Large Bowl, Zester, Garlic Press, Medium Pot, Large Non-Stick Pan, Peeler

Ingredients

| | 2 Person | 4 Person |
|-----------------------|----------|----------|
| Chicken Breasts | 2 | 4 |
| Lemon | 1 | 1 |
| Red Onion, chopped | 56 g | 113 g |
| Parsley | 7 g | 14 g |
| Basil Pesto | ¼ cup | ½ cup |
| Israeli Couscous | ¾ cup | 1 ½ cup |
| Zucchini | 200 g | 400 g |
| Garlic | 6 g | 12 g |
| Feta Cheese, crumbled | ¼ cup | ½ cup |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1. PREP

Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Roughly chop **parsley**. Peel **zucchini** lengthwise into long ribbons. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**.



4. ASSEMBLE SALAD

While **couscous** cooks, whisk together **half the lemon zest**, **half the pesto**, **1 tbsp lemon juice** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Set aside. When **couscous** is tender, add **zucchini ribbons**, **parsley** and **couscous** to the **dressing**. Season with **salt** and **pepper**. Toss together.



2. COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry, until golden, 2-3 min per side. Remove pan from heat. Add **chicken** on a baking sheet. Bake in the **middle** of the oven, until cooked through, 8-10 min. **



5. WARM PESTO

Heat the same pan (from step 2) over low heat. When hot, add **remaining lemon zest** and **remaining pesto**. Cook, stirring together, until **pesto** is warmed and slightly loose, 1 min.



3. MAKE COUSCOUS

While **chicken** cooks, heat a medium pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until softened, 2-3 min. Add **couscous** and **garlic**. Stir together, until **couscous** is slightly golden, 2-3 min. Add **1 ⅓ cups water** (2 ⅔ cups for 4 ppl) and **1 tsp salt** (dbl for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-low. Simmer, still covered, until **couscous** is tender, 8-10 min.



6. FINISH AND SERVE

Slice **chicken**. Divide **chicken** and **couscous salad** between plates. Spoon **lemony-pesto sauce** over **chicken** and crumble over **feta**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!