



# Pesto Chicken with Lemony Couscous and Zucchini Salad

30 Minutes



Chicken Breasts



Lemon



Shallot



Basil Pesto



Israeli Couscous



Zucchini



Garlic



Feta Cheese, crumbled

HELLO ISRAELI COUSCOUS

*Israeli couscous is a pasta that's shaped like a small round grain.*

## Start here

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

## Bust Out

Vegetable peeler, microplane/zester, measuring spoons, medium pot, large bowl, measuring cups, whisk, large non-stick pan, paper towels, baking sheet

## Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Lemon	1	1
Shallot	50 g	100 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

## 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



## Prep

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



## 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** and **couscous** to the **dressing**. Season with **salt** and **pepper**. Toss together.



## Cook chicken

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, then transfer directly to a baking sheet. Bake **chicken**, in the **middle** of the oven, until cooked through, 8-10 min. \*\*



## Warm pesto

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



## Make couscous

While chicken cooks, heat a medium pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring occasionally, until softened, 2-3 min. Add **couscous** and **garlic**. Stir together, until **couscous** is slightly golden, 2-3 min. Add **1 ½ cups water** and **1 tsp salt** (dbl both 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.



## Finish and serve

Thinly slice **chicken**. Divide **chicken** and **couscous salad** between plates. Spoon **lemony pesto sauce** over **chicken** and sprinkle **feta** over top. Squeeze a **lemon wedge** over top, if desired.

## Dinner Solved!