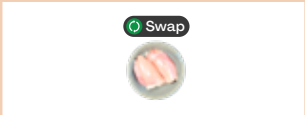




Carb Smart Zesty Garlic Chicken with Couscous and Tahini-Ranch Sauce

Smart Meal 25 Minutes



Chicken Thighs
280 g | 560 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Chicken Breasts* 2 | 4
Couscous 1/2 cup | 1 cup

Tomato 1 | 2
Baby Spinach 56 g | 113 g

Tahini Sauce 1 tbsp | 2 tbsp
Mayonnaise 2 tbsp | 4 tbsp

Garlic, cloves 1 | 2
Lemon 1 | 2

Chives 7 g | 14 g
Zesty Garlic Blend 1 tbsp | 2 tbsp

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Service Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PACE:INO Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at hellofresh.ca/freshsummer.

Ingredient quantities	56 g	113 g
	2 person	4 person

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.**

Pantry items | Pepper, sugar, oil, salt, unsalted butter

Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, small bowl, whisk, zester

1



Cook chicken

- Before starting, wash and dry all produce.
- **Garlic Guide for Step 4:**
 - Mild: ½ tsp (¼ tsp)
 - Medium: ¼ tsp (½ tsp)
 - Extra: ½ tsp (1 tsp)

[Swap](#) | [Chicken Thighs](#)

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **half the Zesty Garlic Blend**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook on one side until golden, 6-7 min. Flip, then cover and continue cooking until cooked through, 6-7 min.**
(**TIP:** If chicken begins to burn, reduce heat to medium-low.)

4



Make sauces

- Add **mayo**, **half the tahini sauce** (use all for 4 ppl), **half the chives**, ¼ **tsp** (½ tsp) **sugar** and **garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, to taste, then stir to combine. (**NOTE:** This is your tahini-ranch sauce.)
- Add **2 tsp** (4 tsp) **lemon juice**, ¼ **tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. (**NOTE:** This is your lemon dressing.)

2



Cook couscous

- Meanwhile, add ⅔ **cup** (1 ⅓ cups) **water**, **1 tbsp** (2 tbsp) **butter**, ⅛ **tsp** (¼ tsp) **salt** and **remaining Zesty Garlic Blend** to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.

3



Prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Thinly slice **chives**.
- Peel, then mince or grate **garlic**.

5



Finish couscous and make salad

- Add **lemon zest** and **remaining chives** to the pot with **couscous**.
- Season with **salt** and **pepper** to taste, then fluff with a fork to combine.
- Add **spinach** and **tomatoes** to the large bowl with **lemon dressing**, then toss to coat.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **couscous** and **salad** between plates. Top with **chicken**.
- Drizzle **tahini-ranch sauce** otop.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Cook chicken

[Swap](#) | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **chicken breasts**, then decrease cook time to 3-5 min per side.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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