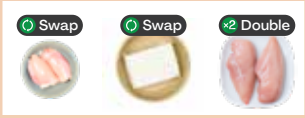




Carb Smart Zesty Garlic Chicken with Couscous and Tahini-Ranch Sauce

Smart Meal 25 Minutes



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 Thighs* 280g 560g	Tofu 1 2	Chicken Breasts* 4 8
--------------------------------	---------------	---------------------------



- Chicken Breasts*
2 | 4
- Couscous
½ 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

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

- 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**

🔄 Swap | **Tofu**

*2 Double | **Chicken Breasts**

- Heat a large non-stick pan over medium heat.
- 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 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. Set aside. (NOTE: This is your lemon dressing.)

♦ 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.

2



Cook couscous

- Meanwhile, add ¾ cup (1 ⅓ cups) **water**, **1 tbsp** (2 tbsp) **butter**, ¼ 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

- 🔄 Swap | **Tofu**
- Thinly slice **chicken**.
- Divide **couscous** and **salad** between plates. Top with **chicken**.
- Drizzle **tahini-ranch sauce** over top.
- 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**.

1 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the **chicken**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Pan fry until golden, 2-3 min per side.

1 | Cook chicken

*2 Double | **Chicken Breasts**

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

6 | Finish and serve

🔄 Swap | **Tofu**

Plate **tofu** in the same way the recipe instructs you to plate the **chicken**.