

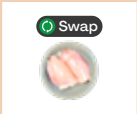


Smart Zippy Calabrese-Style Chicken with Garlicky Spinach Couscous

Smart Meal

Spicy

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](https://www.hellofresh.ca)



Chicken Breasts
2 | 4



Roasted Pepper Pesto
¼ cup | ½ cup



Chili-Garlic Sauce
½ tbsp | 1 tbsp



Pearl Couscous
¾ cup | 1 ½ cups



Baby Spinach
56 g | 113 g



Garlic Salt
½ tsp | 1 tsp

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 | Oil, pepper, unsalted butter

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, strainer

1



Cook couscous

- Before starting, add 8 cups water and 1 tsp salt to a medium pot (use same for 4 ppl).
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Add **couscous** to the boiling water. Reduce heat to medium. Cook uncovered, stirring occasionally, until tender, 6-8 min.
- Drain and return **couscous** to the same pot, off heat.

2



Prep

 **Swap** | **Chicken Thighs**

- Meanwhile, roughly chop **spinach**.
- On a clean surface, pat **chicken** dry with paper towels.
- Carefully slice **each chicken breast** in half, parallel to the cutting board. (**NOTE:** You will have 4 pieces of chicken for 2 ppl and 8 pieces for 4 ppl.) Season with $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **garlic salt** and **pepper**.

3



Cook chicken

- Heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter** and **1 tsp** (2 tsp) **oil**, then swirl the pan to melt. Add **chicken**. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl). Pan-fry on one side until golden-brown, 3-4 min.
- Flip, then pan-fry until golden-brown and cooked through, 3-5 min.**
- Transfer to a plate and cover to keep warm.

4



Make sauce

- Reduce heat to medium.
- Add **roasted pepper pesto** and $\frac{1}{4}$ **cup** ($\frac{1}{2}$ cup) **water** to the same pan over medium heat. Cook, stirring often, until slightly thickened, 1-2 min.
- Return **chicken** to the pan and **chili-garlic sauce**. Remove the pan from heat.
- Once **couscous** is finished cooking, add **1 tbsp** (2 tbsp) **butter** to the pot with **couscous**. Stir, until **spinach** wilts, 1 min.
- Season with **salt** and **pepper**.
- Cover to keep warm.

5




Finish and serve

- Divide **couscous** between plates.
- Top with **chicken**.
- Spoon over **pepper sauce**.

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep

 **Swap** | **Chicken Thighs**

If you've opted to get **chicken thighs**, skip the step to butterfly the **chicken**, then cook in the same way the recipe instructs you to cook **chicken breasts**.

♦ 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.