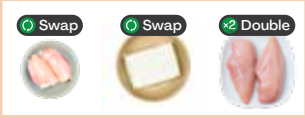




# Carb Smart Zesty Garlic Chicken with Couscous and Tahini-Ranch Sauce

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* 280 g   560 g	Tofu 1   2	Chicken Breasts* 4   8
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Chicken Breasts* 2   4	Couscous ½ cup   1 cup
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Tomato 1   2	Baby Spinach 56 g   113 g
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Tahini Sauce 1 tbsp   2 tbsp	Mayonnaise 2 tbsp   4 tbsp
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Garlic, cloves 1   2	Lemon 1   2
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Chives 7 g   14 g	Zesty Garlic Blend 1 tbsp   2 tbsp
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**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.
- 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. 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 ½ 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.

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.

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**.

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**, prep and cook them in the same way the recipe instructs you to prep and cook the **chicken breasts**.

## 1 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** 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 breasts**. Cook **tofu** on one side until golden, 3-4 min. Flip and continue cooking until golden, 3-4 min.

## 1 | Cook chicken

\*2 Double | **Chicken Breasts**

If you've opted for **double chicken**, prep and cook it in the same way the recipe instructs you to prep and 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 breasts**.