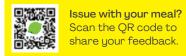


# Greek-Style Lemon Chicken

with Roasted Veggie Couscous and Feta

Family Friendly

30-40 Minutes













Zucchini

Sweet Bell Pepper



Lemon











Chicken Broth Concentrate

Dill-Garlic Spice Blend



## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredie

#### **Bust out**

Baking sheet, measuring spoons, zester, medium pot, measuring cups, large non-stick pan, paper towels

## Ingredients

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	2 Person	4 Person
Chicken Breasts •	2	4
Couscous	½ cup	1 cup
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	1
Feta Cheese, crumbled	⅓ cup	½ cup
Chicken Broth Concentrate	1	2
Dill-Garlic Spice Blend	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## **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.





#### Prep

- Core, then cut **pepper** into ½-inch pieces.
- Cut **zucchini** into ½-inch pieces.
- Zest, then juice half the lemon (whole lemon for 4 ppl). Cut any remaining lemon into wedges.



## Roast veggies

- Add peppers, zucchini and 1 tbsp oil to an unlined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
  Season with salt and pepper, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until tender, 15-17 min. (NOTE: For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)



## Sear chicken

- Meanwhile, pat chicken dry with paper towels. Season with salt, pepper and Dill-Garlic Spice Blend.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ **tbsp oil**, then **chicken**. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches if needed, using ½ tbsp oil per batch.) Cook until golden-brown, 3-4 min per side. (NOTE: Chicken will finish cooking in step 4.)



#### Roast chicken

- When veggies have roasted for 5 min, carefully remove the baking sheet with veggies from the oven. Move veggies towards the edges of the sheet.
- Transfer **chicken** to the centre of the baking sheet.
- Continue to roast in the middle of the oven until veggies are tender and chicken is cooked through, 10-12 min.\*\* (NOTE: For 4 ppl, roast in the top and middle of the oven.)



#### Cook and assemble couscous

- Meanwhile, add ¾ cup (1 ⅓ cups) water, ¼ tsp (½ tsp) salt, 1 tbsp (2 tbsp) oil and broth concentrate to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine. Cover and let stand for 5 min.
- When couscous is tender, fluff with a fork, then add roasted veggies, lemon zest and 1 tbsp (2 tbsp) lemon juice. Season with pepper, then stir to combine.



## Finish and serve

- Thinly slice chicken.
- Divide **roasted veggie couscous** and **chicken** between plates.
- Sprinkle with **feta**. Drizzle **any juices** from the baking sheet over top.
- Squeeze a lemon wedge over top, if desired.

## **Dinner Solved!**