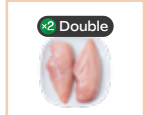




# Greek-Style Lemon Chicken

## with Roasted Veggie Couscous and Feta

Family Friendly 30-40 Minutes



Chicken Breasts\*

4 | 8

↗ Custom Recipe + 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



Couscous  
½ cup | 1 cup



Zucchini  
1 | 2



Sweet Bell Pepper  
1 | 2



Lemon  
1 | 1



Feta Cheese,  
crumbled  
¼ cup | ½ cup



Chicken Broth  
Concentrate  
1 | 2



Dill-Garlic Spice  
Blend  
1 tsp | 2 tsp



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.

1



### Prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Core, then cut **pepper** into ½-inch pieces.
- Cut **zucchini** into ½-inch pieces.
- Zest, then juice **half the lemon**. Cut **any remaining lemon** into wedges.

2



### Roast veggies

- Add **peppers, zucchini, Zesty Garlic Blend** 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.)

3



### Sear chicken

- **×2 Double | Chicken Breasts**
- Meanwhile, pat **chicken** dry with paper towels. Season with **salt, pepper** and **Dill-Garlic Spice Blend**.
- Heat a large non-stick pan over medium-high 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.)

4



### Roast chicken

- When **veggies** have roasted for 10 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.)

5



### Cook and assemble couscous

- Meanwhile, add **¾ cup** (1 ½ 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, 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.

6




### 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.

### 3 | Sear chicken

**×2 Double | Chicken Breasts**

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of chicken**. Work in batches, as needed.\*\*



Issue with your meal? Scan the QR code to share your feedback.

\*\* Cook to a minimum internal temperature of 74°C/165°F.

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