

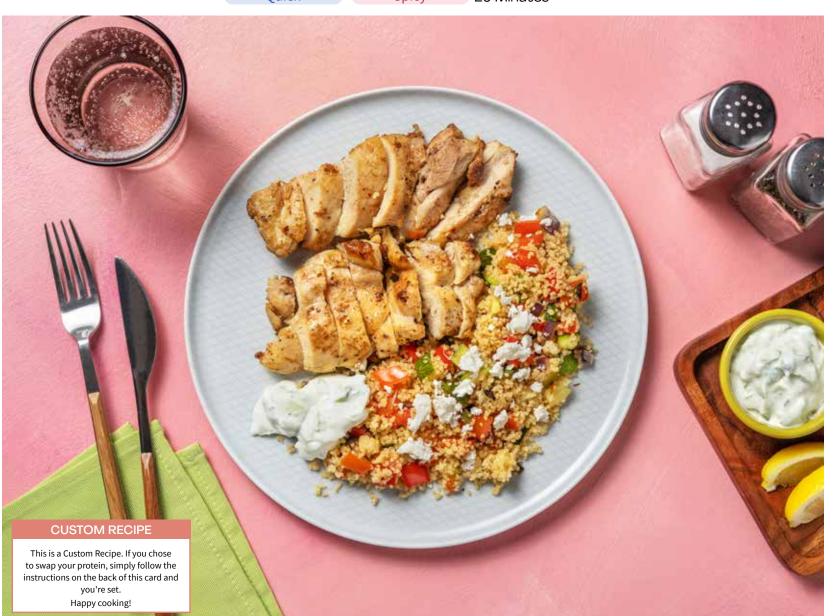
Lemon-Pepper Chicken

with Zesty Couscous and Roasted Veggies

Quick

Spicy

25 Minutes





Chicken Thighs







Zucchini

Couscous

Sweet Bell Pepper



Lemon-Pepper Seasoning



Vegetable Broth Concentrate



Lemon





Red Onion



Start here

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

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 Thighs •	280 g	560 g
Chicken Breasts	2	4
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Couscous	½ cup	1 cup
Vegetable Broth Concentrate	1	2
Tzatziki	113 ml	226 ml
Lemon	1	1
Feta Cheese, crumbled	⅓ cup	½ cup
Red Onion	56 g	113 g
Unsalted Butter*	1 tbsp	2 tbsp
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.

Contact

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Prep and start veggies

- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl)
- Cut **zucchini** into ½-inch pieces.
- Add peppers, onions, zucchini, half the Lemon-Pepper Seasoning 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 until veggies begin to soften, 5-7 min. (NOTE: For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



Make couscous

- Meanwhile, add ¾ cup water, 1 tbsp butter, ¼ tsp salt (dbl all for 4 ppl) 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.



Sear chicken

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat chicken dry with paper towels. Season with salt and remaining Lemon-Pepper Seasoning.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Assemble couscous

- Meanwhile, zest, then juice half the lemon (whole lemon for 4 ppl). Cut any remaining lemon into wedges.
- When **couscous** is done, add **lemon zest**, then fluff with a fork.
- Add roasted veggies, ½ tbsp lemon juice and ½ tbsp oil (dbl both for 4 ppl). Season with salt and pepper, to taste, then stir to combine.



Roast chicken and veggies

- When veggies are beginning to soften, carefully remove the baking sheet from the oven and push veggies to one side of the sheet.
- Arrange **chicken** on the other side of the baking sheet. (NOTE: For 4 ppl, divide chicken between both baking sheets.)
- Roast in the **middle** of the oven until **veggies** are golden and **chicken** is cooked through, 12-15 min.** (NOTE: For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



Finish and serve

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

