



20-MIN MEAL

MEDITERRANEAN CHICKEN CUTLETS

with Carrot Couscous and Harissa Crema



HELLO HARISSA

A staple of North African and Middle Eastern cuisine, harissa is an aromatic blend of chili peppers, spices, and herbs.

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 550



Scallions



Lemon



Chicken Cutlets



Mediterranean Spice Blend



Chicken Stock Concentrate



Couscous (Contains: Wheat)



Sour Cream (Contains: Milk)



Harissa Powder



Shredded Carrots

START STRONG

Don't forget to fluff your couscous! Cooked couscous right out of the pot can be dense, but gently breaking up any clumps will yield a light and tender grain.

BUST OUT

- Baking sheet
- Plastic wrap
- Small bowl
- Zester
- 2 Large pans
- Paper towels
- Olive oil (1 TBSP | 2 TBSP)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Scallions 2 | 4
- Lemon 1 | 1
- Chicken Cutlets 10 oz | 20 oz
- Mediterranean Spice Blend ½ TBSP | 1 TBSP
- Couscous ½ Cup | 1 Cup
- Chicken Stock Concentrate 1 | 2
- Sour Cream 2 TBSP | 2 TBSP
- Harissa Powder 1 tsp | 2 tsp
- Shredded Carrots 4 oz | 8 oz

WINE CLUB

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1 PREP

Wash and dry all produce. Trim, then thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**.



4 MAKE HARISSA CREMA

In a small bowl, combine **sour cream**, **lemon zest**, **1 TBSP water**, **¼ tsp harissa**, and a pinch of **salt**. Taste and add more harissa if you like.



2 COOK CHICKEN

Pat **chicken** dry with a paper towel; season all over with **salt**, **pepper**, and half the **Mediterranean Spice** (use the rest as you like). Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer chicken to a plate.



5 COOK CARROTS

Heat another drizzle of **olive oil** over medium-high heat in pan used to cook chicken. Add **scallion whites** and **carrots**. Cook, stirring, until softened, 1-2 minutes. Turn off heat. Squeeze in **juice** from 1 lemon wedge. Season with **salt**.



3 COOK COUSCOUS

While chicken cooks, combine **couscous**, **stock concentrate**, **¾ cup water**, **½ TBSP butter**, and a pinch of **salt** in a large microwave-safe bowl. Cover bowl with plastic wrap, then microwave on high until liquid is boiling, about 1 minute. Set aside, covered, until ready to serve.



6 FINISH AND SERVE

Fluff **couscous** with a fork. Stir in **carrot mixture**. Divide finished couscous between bowls. Top with **chicken**. Drizzle with **crema**. Garnish with **scallion greens**. Serve with remaining **lemon wedges** on the side for squeezing over.

SPICE IT UP!

Sprinkle your extra spice blend over pork chops, toss it with roasted chickpeas, or stir it into sour cream for an instant dip.

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