

# DINNERLY



## Skillet Lemon Chicken with Zucchini & Parmesan Couscous



ca. 20min



2 Servings

Want your dinner to be just as delicious as it is easy to make? This chicken dish with tangy lemon, zucchini, and light-as-air couscous is sure to put some spring in your step! We've got you covered!

## WHAT WE SEND

- 2 zucchini
- 1 lemon
- 3 oz couscous <sup>2</sup>
- 10 oz pkg boneless, skinless chicken breast
- $\frac{3}{4}$  oz Parmesan <sup>1</sup>

## WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- butter <sup>1</sup>

## TOOLS

- microplane or grater
- small saucepan
- medium skillet

## ALLERGENS

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 600kcal, Fat 29g, Carbs 42g, Protein 44g



### 1. Prep ingredients

Finely chop **1 teaspoon garlic**. Trim ends from **zucchini**, then halve lengthwise; slice into  $\frac{1}{4}$ -inch half-moons.

Finely grate  $\frac{1}{2}$  **teaspoon lemon zest**, then squeeze **1½ teaspoons juice**. Cut remaining lemon into wedges. Finely grate **Parmesan**, if necessary.



### 2. Cook couscous

In a small saucepan, heat **2 teaspoons oil** over medium. Add **lemon zest** and  $\frac{1}{2}$  **teaspoon of the chopped garlic**. Cook until fragrant, about 30 seconds. Add  $\frac{1}{2}$  **cup water** and  $\frac{1}{4}$  **teaspoon salt**. Cover and bring to a boil. Add **couscous**. Cover and set aside off heat until ready to serve.



### 3. Cook chicken

Pat **chicken** dry, then pound to an even  $\frac{1}{2}$ -inch thickness, if necessary. Season all over with  $\frac{1}{2}$  **teaspoon salt** and **few grinds of pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken; cook until browned and cooked through, 3–4 minutes per side. Transfer to a plate.



### 4. Sauté zucchini

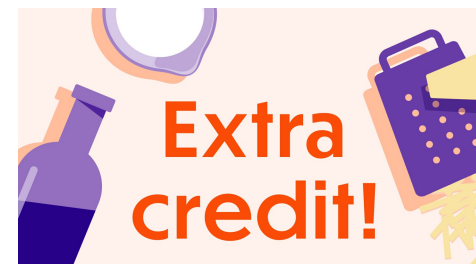
Heat **1 tablespoon oil** in same skillet over medium-high. Add **zucchini** and **a pinch each of salt and pepper**. Cook, stirring occasionally, until zucchini is softened and browned in spots, about 4 minutes. Add **remaining chopped garlic** and cook until fragrant, about 30 seconds. Add **lemon juice** and **1 tablespoon butter**.



### 5. Finish & serve

Return **chicken** to skillet; cook until warmed through and **butter** is melted, about 1 minute. Season to taste with **salt** and **pepper**. Fluff **couscous** with a fork, then add  $\frac{3}{4}$  of the **Parmesan** in large pinches, stirring to combine.

Serve **couscous** with **chicken** and **zucchini** on top or alongside. Garnish with **remaining Parmesan** and **lemon wedges**. Enjoy!



### 6. Take it to the next level

Turn the zucchini into a veggie medley with sliced carrots, sweet corn, broccoli, even cauliflower—whatever your heart desires. Just add a bit more oil/butter/seasoning!