

DINNERLY



⚡ FAST

Skillet Lemon Chicken with Zucchini & Parmesan Couscous

 ca. 20min  2 Servings

Days are getting longer, the weather is showing signs of easing up and we're super glad that spring is right around the corner. Flowers, fresh cut grass, warm sunshine, yeah those things are all pretty good. But, we're more interested in the food. 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

- boneless, skinless chicken breasts
- zucchini
- lemon
- garlic

WHAT YOU NEED

- butter ⁷
- kosher salt & ground pepper
- olive oil

TOOLS

- medium skillet
- small saucepan

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 500.0kcal, Fat 23.0g, Proteins 35.0g, Carbs 38.0g



1. Prep ingredients

Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary. Peel and finely chop **1 teaspoon garlic**. Trim ends from **zucchini**, then halve lengthwise and slice into ¼-inch half-moons. Finely grate ½ **teaspoon lemon zest**, then squeeze **1½ teaspoons juice**. Cut remaining lemon into wedges. Finely grate **Parmesan**.



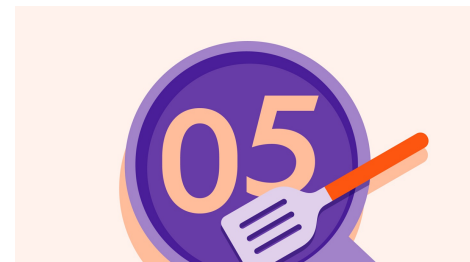
4. Sauté zucchini

Heat **1 tablespoon oil** in same skillet over medium-high. Add **zucchini** and a **pinch each salt and pepper**. Cook, stirring occasionally, until **zucchini** is soft and browned in spots, about 4 minutes. Add **remaining ½ teaspoon garlic** and cook until fragrant, about 30 seconds. Add **lemon juice** and **1 tablespoon butter** to skillet.



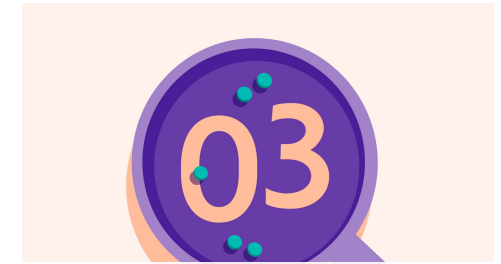
2. Cook couscous

In a small saucepan, heat **2 teaspoons oil** over medium. Add **lemon zest** and ½ **teaspoon of the garlic**. Cook until fragrant, about 30 seconds. Add ½ **cup water** and ¼ **teaspoon salt**. Cover and bring to a boil. Add **couscous**. Cover and remove from heat. Let stand until ready to serve.



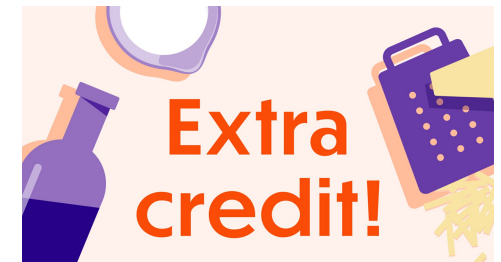
5. Finish & serve

Return **chicken** to skillet. Cook until the chicken is warm and butter is melted, about 1 minute. Season to taste with **salt** and **pepper**. Fluff **couscous** with a fork, then add ⅔ of the **Parmesan** in large pinches, stirring with a fork to combine. Serve **couscous** with **chicken** and **zucchini** on top or alongside. Garnish with **remaining Parmesan** and **lemon wedges**. Enjoy!



3. Brown chicken

Season **chicken** all over with ½ **teaspoon salt** and **few grinds pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken. Cook until lightly browned on both sides, 2–3 minutes per side. Transfer to a plate.



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!