



DINNERLY



Skillet Lemon Chicken with Zucchini & Parmesan Couscous

 ca. 20min  4 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

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

WHAT YOU NEED

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

TOOLS

- large skillet
- medium saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 530.0kcal, Fat 27.0g, Proteins 35.0g, Carbs 37.0g



1. Prep ingredients

Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary. Peel and finely chop **2 teaspoons garlic**. Trim ends from **zucchini**, then halve lengthwise, and slice into ¼-inch half-moons. Finely grate ¼ **teaspoon lemon zest**, then squeeze **1 tablespoon juice**. Cut remaining lemon into wedges. Finely grate **Parmesan**.



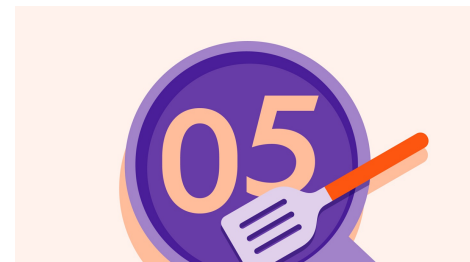
4. Sauté zucchini

Heat **1½ tablespoons 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 1 teaspoon garlic**, then cook until fragrant, about 30 seconds. Add **lemon juice** and **2 tablespoons butter** to skillet.



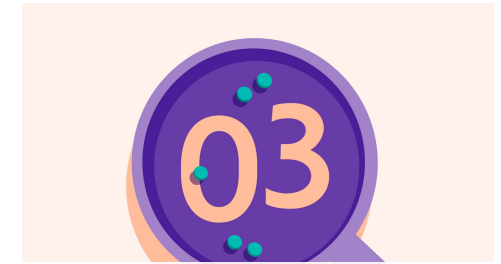
2. Cook couscous

In a medium saucepan, heat **1 tablespoon oil** over medium. Add **lemon zest** and **1 teaspoon of the garlic**. Cook until fragrant, about 30 seconds. Add **1 cup water** and **½ teaspoon salt**. Cover and bring to a boil. Add **couscous**. Cover and remove from heat. Let stand until ready to serve.



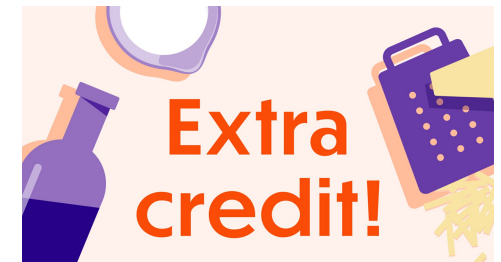
5. Finish & serve

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 **¾ 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 **1 teaspoon salt** and **few grinds pepper**. Heat **2 tablespoons oil** in large 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!