

# Za'atar Chicken Skewers & Mint Yogurt Sauce

*with Roasted Broccoli, Apricots & Almonds*

This delicious meal is inspired by the vibrant flavors of Middle Eastern cuisine. We're seasoning our chicken skewers with za'atar, a traditional spice blend of powerfully aromatic herbs like oregano, sumac and thyme. To perfectly complement the bold flavors, we're serving a cooling, mint-flavored yogurt sauce on the side for dipping. It all comes together alongside a bowl of pearly couscous, (a plump, hearty variety), tossed with nutty roasted broccoli, sweet dried apricots and sliced almonds.



## Ingredients

- 16 Chicken Tenders
- 1 Cup Pearled Couscous
- 16 Wooden Skewers
- ½ Cup Plain Greek Yogurt
- 1 Meyer Lemon
- 1 Clove Garlic
- 1 Pound Broccoli
- 1 Bunch Mint

## Knick Knacks

- 1 Ounce Dried Apricots
- 1 Tablespoon Za'atar
- ¼ Cup Sliced Almonds

Makes 4 Servings

About 530 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min





1



## Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Cut the broccoli into small florets. Peel and mince the garlic; smash with the side of your knife until it resembles a paste (or use a zester). Pick the mint leaves off the stems; discard the stems. Quarter and deseed the lemon. Roughly chop the apricots. In a small bowl, combine the **yogurt, garlic paste** and **half the mint** (tearing just before adding); season with salt and pepper to taste.

2



## Roast the broccoli:

Place the **broccoli** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 16 to 18 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

3



## Cook the couscous:

While the broccoli roasts, add the **couscous** to the pot of boiling water. Cook 6 to 8 minutes, or until tender. Drain thoroughly and rinse under warm water for 20 to 30 seconds to prevent sticking. Return to pot and set aside in a warm place.

4



## Assemble the chicken skewers:

While the couscous cooks, pat the **chicken** dry with paper towels; thread onto the **skewers**. Season with salt, pepper and the **za'atar** on both sides.

5



## Cook the chicken skewers:

While the couscous continues to cook, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Working in 2 batches, add the **chicken skewers**. Cook 3 to 5 minutes per side, or until browned and cooked through. Transfer to a serving dish and set aside in a warm place.

6



## Finish the couscous & serve your dish:

To the pot of cooked couscous, stir in the **apricots, almonds, roasted broccoli** and the **juice of all 4 lemon wedges**. Drizzle with olive oil and season with salt and pepper to taste. Transfer to a serving dish. Serve with the **chicken skewers** and **yogurt sauce**. Garnish with the **remaining mint**. Enjoy!