

Seared Chicken & Couscous

with Broccoli & Lemon-Yogurt Sauce

Cool winter weather calls for bright flavors, and tonight's Mediterranean-inspired chicken dish delivers.

We're serving our juicy chicken on a bed of fluffy couscous, mixed with sautéed broccoli for plenty of nutty sweetness. It all comes together with a drizzle of citrusy yogurt sauce—made by seasoning creamy Greek yogurt with the bright juice and fruity zest of Meyer lemon.

Blue Apron Wine Pairings

Wooldridge Creek White Wine, 2015

Airfield Estates Chardonnay, 2015



Ingredients

2 Boneless, Skinless Chicken Breasts

1/3 Cup Couscous

1/2 Cup Plain Greek Yogurt

1 Clove Garlic

1 Meyer Lemon

1/2 Pound Broccoli

Knick Knacks

3 Tablespoons All-Purpose Flour

Makes: 2 servings

Prep Time: 10 minutes | **Cook Time:** 25–35 minutes



For cooking tips & tablet view, visit blueapron.com/recipes/1065

Recipe #1065

Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/1065

1



Prepare the ingredients:

Wash and dry the fresh produce. Finely chop the broccoli. Peel and mince the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester). Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.

2



Cook the couscous:

In a large pot, combine the **couscous** and $\frac{3}{4}$ **cup of water**; season with salt and pepper. Heat to boiling on high. Once boiling, cover and remove from heat. Let stand, covered, 6 to 8 minutes, or until the water has been absorbed and the couscous is tender. Fluff the cooked couscous with a fork; season with salt and pepper to taste.

3



Cook the broccoli & finish the couscous:

While the couscous cooks, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **broccoli**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until browned and slightly softened. Add $\frac{1}{2}$ **cup of water** and cook, stirring occasionally, 2 to 3 minutes, or until the broccoli has softened and the water has cooked off. Season with salt and pepper to taste. Transfer to the pot of **cooked couscous**; stir to combine. Cover and set aside in a warm place. Rinse and wipe out the pan.

4



Coat & cook the chicken:

Place the **flour** on a plate. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned chicken in the flour (tapping off any excess). In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the coated chicken and cook 4 to 6 minutes per side, or until golden brown and cooked through. Transfer to a cutting board.

5



Make the yogurt sauce:

While the chicken cooks, in a bowl, combine the **yogurt**, **lemon zest**, the **juice of 2 lemon wedges**, a drizzle of olive oil and as much of the **garlic paste** as you'd like. Season with salt and pepper to taste.

6



Plate your dish:

Slice the **cooked chicken** crosswise. Divide the **finished couscous** between 2 dishes. Top with the sliced chicken. Garnish with the **remaining lemon wedges**. Serve with the **yogurt sauce** on the side. Enjoy!