

Za'atar-Spiced Chicken

with Pink Lemon Pan Sauce & Pearl Couscous

PREP TIME: 10 minutes

COOK TIME: 15-25 minutes

SERVINGS: 2

Pink lemon is a gourmet variety known for its rosy interior and faintly green-striped rind. Here, we're using its bright, fruity juice in an aromatic pan sauce, also infused with garlic and thyme. (Removing the whole cloves and thyme sprigs after cooking ensures delicately flavored results.) The sauce complements the fragrant spices coating our pan-seared chicken, served on a bed of pearl couscous (a type of small, round pasta) and roasted Brussels sprouts.



BLUE APRON WINE PAIRING:

Cold Heaven Viognier, 2016

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Ingredients



2
BONELESS,
SKINLESS
CHICKEN BREASTS



1 cup
PEARL COUSCOUS



3 cloves
GARLIC



1
PINK LEMON



1 bunch
THYME



½ lb
BRUSSELS
SPROUTS



2 Tbsp
BUTTER



2 Tbsp
ROASTED
ALMONDS



1
SHALLOT



1 ½ Tbsp
CHICKEN SPICE
BLEND*

* All-Purpose Flour & Za'atar



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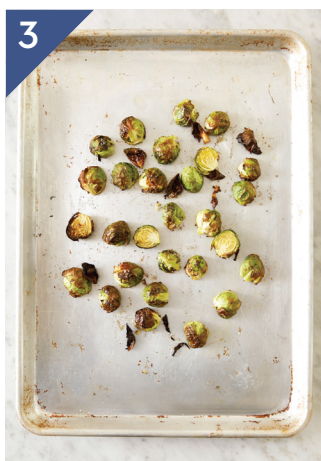


1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Cut off and discard the stem ends of the Brussels sprouts; halve lengthwise.
- ☐ Peel the garlic; using the flat side of your knife, gently smash each clove once.
- ☐ Peel and mince the shallot.
- ☐ Quarter and deseed the lemon.

2 Cook the couscous:

- ☐ Add the **couscous** to the pot of boiling water. Cook, uncovered, 8 to 10 minutes, or until tender. Drain thoroughly and return to the pot. Set aside in a warm place.



3 Roast the Brussels sprouts:

- ☐ While the couscous cooks, place the **Brussels sprouts** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer.
- ☐ Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven and set aside in a warm place.

4 Coat & cook the chicken:

- ☐ While the Brussels sprouts roast, place the **spice blend** 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 spice blend (tapping off any excess).
- ☐ In a large pan, heat 1 teaspoon of olive oil on medium-high until hot. Add the coated chicken and cook 4 to 6 minutes per side, or until browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer the cooked chicken to a plate. Set aside in a warm place.



5 Make the pan sauce:

- ☐ To the pan of reserved fond, add the **garlic, shallot** and **whole thyme sprigs**. Season with salt and pepper. (If the pan seems dry, add a drizzle of olive oil.) Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **juice of all 4 lemon wedges** and **2 tablespoons of water** (be careful, as the liquid may splatter). Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined.
- ☐ Turn off the heat and add the **butter**; stir until melted.
- ☐ Carefully discard the thyme sprigs and garlic cloves. Season with salt and pepper to taste.



6 Finish the couscous & plate your dish:

- ☐ To the pot of **cooked couscous**, add the **roasted Brussels sprouts** and **almonds**. Stir to thoroughly combine and season with salt and pepper to taste.
- ☐ Divide the finished couscous between 2 dishes. Top with the **cooked chicken**. Top the chicken with the **pan sauce**. Enjoy!