

# Seared Chicken & Saffron Couscous

with Summer Squash & Red Bell Pepper

**PREP TIME:** 15 minutes

**COOK TIME:** 20-30 minutes

**SERVINGS:** 4

Tonight's dish highlights the vibrant flavors of Moroccan cuisine. Fluffy couscous gets a subtle, aromatic lift from saffron—an exquisite red spice. A bold, garlicky tomato sauce coats our chicken and a duo of tender summer vegetables: red bell pepper and squash (you may receive grey or green zucchini, or yellow squash). To top it all off, we're making a classic aioli with mayonnaise and another touch of garlic.



## MATCH YOUR BLUE APRON WINE:



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



## Ingredients



1 1/8 lbs  
SLICED CHICKEN  
BREAST



3/4 cup  
COUSCOUS



1 14-oz can  
WHOLE PEELED  
TOMATOES



2 cloves  
GARLIC



1  
RED BELL PEPPER



1  
SUMMER SQUASH



1  
YELLOW ONION



1 bunch  
PARSLEY

## KNICK KNACKS:



2 Tbsp  
ROASTED  
ALMONDS



1 large pinch  
SAFFRON



1/4 cup  
MAYONNAISE

## Did You Know?

Our saffron comes from Rumi, a company that works with Afghan farmers. Learn more at [cook.ba/rumi](https://cook.ba/rumi)



Download our iOS app or log in to [blueapron.com](https://blueapron.com) for how-to videos and supplier stories.





## 1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ In a bowl, combine the **saffron**, **1 cup of warm water**, and a **big pinch of salt**.
- ☐ Roughly chop the almonds.
- ☐ Roughly chop the parsley leaves and stems.
- ☐ Peel and small dice the onion.
- ☐ Cut out and discard the stem, ribs, and seeds of the pepper; medium dice.
- ☐ Medium dice the squash.
- ☐ Place the tomatoes in a bowl; gently break apart with your hands.
- ☐ Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester).



## 2 Cook the couscous:

- ☐ In a medium pot, combine the **couscous**, a **big pinch of salt**, and the **saffron-water mixture**. Heat to boiling on high.
- ☐ Once boiling, cover and turn off the heat. Let stand 6 to 8 minutes, or until the water has been absorbed and the couscous is tender. Fluff the cooked couscous with a fork.
- ☐ Stir in the **almonds**, **half the parsley**, and a drizzle of olive oil; season with salt and pepper to taste. Set aside in a warm place.

## 3 Cook the chicken:

- ☐ While the couscous cooks, pat the **chicken** dry with paper towels. Season with salt and pepper.
- ☐ In a large pan (nonstick, if you have one), heat 2 tablespoons of olive oil on medium-high until hot.
- ☐ Add the seasoned chicken and cook, stirring occasionally, 4 to 6 minutes, or until lightly 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.



## 4 Start the vegetables:

- ☐ Add the **onion** to the pan of reserved fond; season with salt and pepper. (If the pan seems dry, add 1 teaspoon of olive oil.) Cook on medium-high, stirring occasionally, 2 to 3 minutes, or until slightly softened and fragrant.
- ☐ Add the **pepper** and **squash**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until slightly softened.



## 5 Finish the vegetables & chicken:

- ☐ Add the **tomatoes** and **half the garlic paste** to the pan; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the mixture is slightly thickened.
- ☐ Add the **cooked chicken**; cook, stirring occasionally, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat; season with salt and pepper to taste.

## 6 Make the aioli & serve your dish:

- ☐ While the vegetables cook, in a bowl, whisk together the **mayonnaise**, **1 teaspoon of water**, and **as much of the remaining garlic paste as you'd like**; season with salt and pepper to taste.
- ☐ Divide the **cooked couscous** and **finished vegetables and chicken** among 4 dishes. Garnish with the aioli and **remaining parsley**. Enjoy!