

# Romesco Chicken & Spinach

with Pepper Couscous & Tzatziki

WW™ APPROVED  
DIABETES FRIENDLY  
500 CALORIES OR LESS  
MEDITERRANEAN

🕒 20-30 MINS | 4 SERVINGS

In this dish, savory flavor comes from our romesco sauce—a bold, Spanish-style sauce made with almonds, roasted red peppers, tomatoes, and garlic—which we’re using to coat sautéed chicken, onion, and verdant spinach. A dollop of tzatziki provides delightfully cooling contrast to the dish.



## MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Wine is not included in SmartPoints®



11

9

9

SmartPoints® value per serving



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## Ingredients



1 1/8 lbs  
CHOPPED  
CHICKEN BREAST



5 oz  
BABY SPINACH



1/2 lb  
SWEET PEPPERS



6 Tbsps  
ROMESCO SAUCE\*



1 oz  
CASTELVETRANO  
OLIVES



1 cup  
YELLOW  
COUSCOUS



1  
RED ONION



2 cloves  
GARLIC



2 Tbsps  
DRIED CURRANTS



1/2 cup  
TZATZIKI\*\*

\*contains almonds

\*\*cucumber-yogurt sauce



To find out more about Wellness at Blue Apron visit us at [www.blueapron.com/pages/wellness](http://www.blueapron.com/pages/wellness), or for further nutrition information see the Nutrition Facts card.

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To make this recipe diabetes friendly and meet the ADA nutrition guidelines for sodium, it is recommended that no additional salt be added to this recipe when prepared. This recipe is 470mg sodium per serving as packaged.

## 1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the stems of the **peppers**; remove the cores, then thinly slice into rings.
- ☐ Peel and roughly chop **2 cloves of garlic**.
- ☐ Halve, peel, and thinly slice the **onion**.
- ☐ Pit and roughly chop the **olives**.

## 2 Make the pepper couscous:

- ☐ In a medium pot, heat  $\frac{1}{2}$  **teaspoon of olive oil** on medium-high until hot.
- ☐ Add the **sliced peppers** and **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly softened.
- ☐ Add the **couscous**, **currants**, a **big pinch of salt**, and **1 cup of water** (carefully, as the liquid may splatter); stir to combine. Heat to boiling on high.
- ☐ Once boiling, turn off the heat. Cover and let stand 6 to 8 minutes, or until the water has been absorbed and the couscous is tender. Fluff with a fork. Taste, then season with salt and pepper if desired.
- ☐ Cover to keep warm.

## 3 Start the chicken & onion:

- ☐ Meanwhile, pat the **chicken** dry with paper towels.
- ☐ Place in a bowl; add the **sliced onion**. Season with salt and pepper. Toss to combine, separating the layers of the onion.
- ☐ In a large pan (nonstick, if you have one), heat  $\frac{1}{2}$  **teaspoon of olive oil** on medium-high until hot.
- ☐ Add the seasoned chicken and onion in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.

## 4 Finish & serve your dish:

- ☐ Add the **chopped olives** to the pan. Cook, stirring occasionally, 3 to 4 minutes, or until the chicken is browned and cooked through.
- ☐ Turn off the heat. Add the **romesco sauce** and **spinach**; stir until combined and the spinach is slightly wilted. Taste, then season with salt and pepper if desired.
- ☐ Serve the **pepper couscous** topped with the **finished chicken and vegetables** and **tzatziki**. Enjoy!



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 480, Total Carbohydrates: 39g, Dietary Fiber: 5g, Added Sugar: 0g, Total Fat: 20g, Saturated Fat: 4g, Protein: 37g, Sodium: 910mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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