

Za'atar-Spiced Chicken & Couscous

with Sweet & Spicy Walnut Topping

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**

blueapron.com



BLUE APRON
x

**Tim
Hollingsworth**

For four weeks, we're partnering with Tim Hollingsworth, award-winning chef and restaurant owner, whose family inspires his love of food, and even a few signature dishes!

Ingredients

-  2 Boneless, Skinless Chicken Breasts
-  ½ cup Yellow Couscous
-  1 Lemon
-  4 oz Grape Tomatoes
-  2 Persian Cucumbers
-  1 bunch Mint
-  ¼ cup Roasted Walnuts
-  1 Tbsp Date Syrup
-  ¼ cup Labneh Cheese
-  1 ½ Tbsps Golden Raisins
-  1 Tbsp Za'atar Seasoning*
-  ¼ tsp Crushed Red Pepper Flakes

*Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper

Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

MEDITERRANEAN DIET



Serve a bottle of Blue Apron wine with this symbol: Crispy & Minerally.
blueapron.com/wine

1 Prepare the ingredients & rehydrate the raisins

- **GRILL:** Preheat your grill to maintain a temperature of 450–500°F. Carefully oil the grill grates.
- Wash and dry the fresh produce.
- Roughly chop the **walnuts**.
- Zest the **lemon** to get 1 teaspoon (or use the small side of a box grater). Halve the lemon crosswise; squeeze the juice into a bowl, straining out the seeds.
- Place the **raisins** in a bowl and cover with **hot water**; set aside to rehydrate at least 10 minutes.
- Small dice the **cucumbers**. Halve the **tomatoes**. Combine the **diced cucumbers** and **halved tomatoes** in a large bowl; season with salt, pepper, and **up to half the za'atar**. Stir to coat.
- In a separate bowl, combine the **labneh** and a drizzle of **olive oil**; season with salt and pepper.
- Pick the **mint** leaves off the stems.



2 Make the walnut topping

- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **chopped walnuts**; season with salt. Cook, stirring frequently, 2 to 3 minutes, or until lightly browned and fragrant.
- Add the **date syrup, lemon juice** (carefully, as the liquid may splatter), **2 tablespoons of water**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until most of the liquid has cooked off.
- Transfer to a bowl. Taste, then season with salt and pepper if desired.
- Rinse and wipe out the pan.



3 Cook the couscous

- In a small pot, combine the **couscous** and **¾ cup of water**; season with salt and pepper. 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. Cover to keep warm.



4 Cook the chicken

- **GRILL:** Meanwhile, pat the **chicken** dry with paper towels; place in a bowl. Drizzle with **olive oil** and season with salt, pepper, and the **remaining za'atar**. Turn to coat. Grill the seasoned chicken 7 to 8 minutes per side, or until browned and cooked through.* Transfer to a cutting board.
- **STOVE:** Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **remaining za'atar**. In the same pan, heat a drizzle of **olive oil** on medium-high until hot. Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.* Transfer to a cutting board.



5 Finish the couscous & serve your dish

- To the bowl of **seasoned tomatoes and cucumbers**, add the **cooked couscous, rehydrated raisins** (draining before adding), **lemon zest**, and a drizzle of **olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **finished couscous** topped with the **sliced chicken, seasoned labneh, and walnut topping**. Garnish with the **mint leaves** (tearing just before adding). Enjoy!



*An instant-read thermometer should register 165°F

NUTRITION PER SERVING (AS PREPARED)**

Calories: 660, Total Carbohydrates: 55g, Dietary Fiber: 7g, Added Sugars: 5g, Total Fat: 30g, Saturated Fat: 7g, Protein: 49g, Sodium: 940mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

📷 📱 📧 Share your photos with #blueapron

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

Blue Apron, LLC
New York, NY 10005

