

Ingredients



12 oz Boneless, Skinless Chicken Thighs



1 Red Onion



1 ½ Tbsps Maple Syrup



4 oz Orzo Pasta



1/3 cup Salsa Verde



1 Tbsp Za'atar Seasoning¹



6 oz Carrots



1 Tbsp Red Harissa Paste



Prepare the ingredients & make the sauce

- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Wash, dry, and peel the carrots; halve lengthwise, then thinly slice crosswise.
- · Halve, peel, and medium dice the
- In a bowl, whisk together the harissa paste and maple syrup.



2 Cook the pasta

- Add the pasta to the pot of boiling water. Cook, uncovered, 8 to 10 minutes, or until tender. Turn off the heat
- Drain thoroughly and return to the pot. Cover to keep warm.



3 Cook the chicken

- Meanwhile, pat the chicken dry with paper towels; season on both sides with salt, pepper, and enough of the za'atar to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- Add the seasoned chicken. Cook 5 to 7 minutes per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

4 Cook the vegetables

- In the pan of reserved fond, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the sliced carrots in an even layer; season with salt and pepper. Cook, without stirring, 3 to 4 minutes, or until lightly browned.



- Add the diced onion; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Turn off the heat.

5 Finish the pasta & serve your dish

- To the pot of cooked pasta, add the cooked vegetables and salsa verde; stir to combine.
- · Taste, then season with salt and pepper if desired.
- Serve the finished pasta topped with the cooked chicken and sauce. Enjoy!

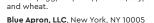


*An instant-read thermometer should register 165°F.

NUTRITION PER SERVING (AS PREPARED)**

Calories: XXX, Total Carbohydrates: XXXg, Dietary Fiber: XXg, Added Sugars: XXg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

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Produced in a facility that processes crustacean

shellfish, egg, fish, milk, peanuts, soy, tree nuts,

