

# Seared Chicken Thighs & Couscous

with Tomato Chutney-Glazed Apple

4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**  
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## Ingredients



24 oz Boneless,  
Skinless Chicken  
Thighs



½ lb Brussels  
Sprouts



1 Tbsp Apple Cider  
Vinegar



4 tsp Honey



1 cup Yellow  
Couscous



2 Tbsps Savory  
Tomato Chutney



½ cup Tzatziki<sup>1</sup>



1 Apple



2 Tbsps Butter



2 Tbsps Dried  
Currants



Serve with Blue Apron  
wine that has this symbol  
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<sup>1</sup>. cucumber-yogurt sauce

## 1 Prepare & roast the brussels sprouts

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Line a sheet pan with foil.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise, then thinly slice crosswise.
- Transfer to the sheet pan. Drizzle with **2 teaspoons of olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 9 to 11 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



## 2 Prepare the apple & make the dressing

- Meanwhile, core and medium dice the **apple**.
- In a bowl, combine the **vinegar**, **honey** (kneading the packet before opening), and **1 tablespoon of olive oil**. Season with salt and pepper.



## 3 Cook the chicken & glaze the apple

- Pat the **chicken** dry with paper towels. Season with salt and pepper on both sides.
- In a bowl, combine the **tomato chutney** and  $\frac{1}{4}$  cup of **water**.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.



### Step 3 continued:

- Add the **seasoned chicken**. Cook 6 to 7 minutes, or until browned.
- Flip the chicken and add the **diced apple** and **tomato chutney mixture** (carefully, as the liquid may splatter). Loosely cover the pan with foil and cook, without stirring, 6 to 7 minutes, or until the apple is softened and the chicken is cooked through.\*
- Turn off the heat.
- Leaving the glazed apple in the pan, transfer the **cooked chicken** to a plate.
- Add the **butter** to the pan and stir until melted and combined.

## 4 Cook the couscous

- Meanwhile, in a medium pot, combine the **couscous**, **currants**, and **1 cup of water**. 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; cover to keep warm.



## 5 Finish the couscous & serve your dish

- To the pot of **cooked couscous**, add the **roasted brussels sprouts** and **dressing**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished couscous** topped with the **cooked chicken**, **glazed apple**, and **tzatziki**. Enjoy!



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

### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 610, Total Carbohydrates: 48g, Dietary Fiber: 5g, Added Sugars: 6g, Total Fat: 30g, Saturated Fat: 9g, Protein: 41g, Sodium: 840mg.

\*\*For information about our wellness labels visit us at [blueapron.com/wellness](https://blueapron.com/wellness). To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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