

Shawarma-Spiced Chicken & Couscous

with Vegetables, Yogurt & Almonds

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients*



18 oz Boneless Chicken Breast Pieces



1 Yellow Onion



4 Tbsps Dried Currants



1 Tbsp Shawarma Spice Blend¹



1 cup Pearl Couscous



2 Bell Peppers



½ cup Plain Nonfat Greek Yogurt



2 Zucchini



1 Lemon



¼ cup Sliced Roasted Almonds



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



8-11

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 8-11 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

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1. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Fill a large pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Halve, peel, and thinly slice the **onion**.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Using a zester or the small side of a box grater, finely grate the **lemon** to get 1 teaspoon. Place in a bowl; add the **yogurt** and season with salt and pepper. Stir to combine.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **currants** and the **juice of 2 lemon wedges**.



2 Cook the couscous

- Add the **couscous** to the pot of boiling water. Cook, uncovered, 5 to 7 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; place in a bowl. Add the **sliced onion**. Season with salt, pepper, and the **spice blend**. Toss to coat.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.



Step 3 continued:

- Add the **seasoned chicken and onion** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and the chicken is 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 a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer; season with salt and pepper. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **sliced peppers**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and softened.
- Turn off the heat.



5 Finish the couscous & serve your dish

- To the pot of **cooked couscous**, add the **dressed currants** (including any liquid) and **cooked vegetables**. Taste, then season with salt and pepper if desired.
- Serve the **finished couscous** topped with the **cooked chicken and onion, lemon yogurt, and almonds**. Serve the **remaining lemon wedges** on the side, if you'd like. Enjoy!

