

Za'atar Chicken & Romesco Couscous

with Tzatziki

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients*


Customized ingredients for
vegetarian dish

OMITTED:

 2 Boneless, Skinless
Chicken Breasts 

ADDED:


 2 Pasture-Raised
Eggs 


 ½ cup Yellow
Couscous

 1 Red Onion


 2 cloves Garlic


 6 oz Carrots

 1 oz Castelvetrano
Olives

 3 oz Baby Spinach

 2 Tbsps Dried
Currants

 ½ cup Tzatziki¹

 3 Tbsps Romesco
Sauce²

 1 Tbsp Za'atar
Seasoning³



11 Points[®] value
per serving



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

If you customized this recipe, your Points
may differ from what's above.

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1. cucumber-yogurt sauce 2. contains almonds 3. Sumac, Aleppo Pepper, Sesame Seeds, Salt, Thyme & Whole Oregano
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Halve, peel, and thinly slice the **onion**.
- Peel and roughly chop **2 cloves of garlic**.
- Pit and roughly chop the **olives**.



2 Cook the couscous

- In a medium pot, combine the **couscous**, **currants**, a **big pinch of salt**, and **¾ 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. Add the **romesco sauce**; stir to combine. Taste, then season with salt and pepper if desired. Cover to keep warm.



3 Cook the vegetables & finish the couscous

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** and **sliced onion** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.



Step 3 continued:

- Add the **spinach**, **chopped garlic**, and **chopped olives**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, until softened and the spinach is wilted. Turn off the heat.
- Transfer to the pot of **cooked couscous**; stir to combine. Taste, then season with salt and pepper if desired.
- Wipe out the pan.



CUSTOMIZED STEP 3 If you chose Vegetarian

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** and **sliced onion** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **spinach**, **chopped garlic**, and **chopped olives**; season with salt, pepper, and **as much of the za'atar as you'd like**. Cook, stirring occasionally, 2 to 3 minutes, until softened and the spinach is wilted. Turn off the heat.
- Transfer to the pot of **cooked couscous**; stir to combine. Taste, then season with salt and pepper if desired.
- Wipe out the pan.

4 Cook the chicken & serve your dish

- 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 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; when cool enough to handle, slice crosswise.
- Serve the **finished couscous** topped with the **sliced chicken** and **tzatziki**. Enjoy!



CUSTOMIZED STEP 4 If you chose Vegetarian

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness; season with salt and pepper.
- Turn off the heat.
- Serve the **finished couscous** topped with the **fried eggs** and **tzatziki**. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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