

# Moroccan-Style Chicken & Couscous

with Prunes & Yogurt

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
blueapron.com



## Ingredients\*



10 oz Boneless Chicken Breast Pieces



½ cup Pearl Couscous



6 oz Carrots



2 cloves Garlic



2 Scallions



1 oz Prunes



½ cup Plain Nonfat Greek Yogurt



1 Tbsp Red Wine Vinegar



2 Tbsps Tomato Paste



1 ½ Tbsps Red Harissa Paste



2 tps Honey



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



9 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 Points™ value per teaspoon) to coat your pan before heating.

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\*Ingredients may be replaced and quantities may vary.

Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)





"Alexa, find Blue Apron recipes."

### 1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **prunes**; place in a bowl. Add the **honey** (kneading the packet before opening), **harissa paste**, **half the vinegar**, and  $\frac{1}{2}$  **cup of warm water**. Season with salt and pepper; stir to combine. Set aside to rehydrate, at least 10 minutes.



### 2 Cook the couscous

- Meanwhile, 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. Add a drizzle of **olive oil** and the **remaining vinegar**. Stir to combine. Cover to keep warm.



### 3 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper.
- In a medium pan (nonstick, if you have one), heat a drizzle **olive oil** on medium-high until hot.
- Add the seasoned chicken 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 cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a bowl.



### 4 Cook the carrots & finish the couscous

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until lightly browned and slightly softened.
- Transfer to the pot of **cooked couscous**. Stir to combine. Taste, then season with salt and pepper if desired.
- Wipe out the pan.



### 5 Finish & serve your dish

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Carefully add the **rehydrated prunes** (including the liquid), **tomato paste**, and **1 tablespoon of water**. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Add the **cooked chicken**. Cook, stirring occasionally, 1 to 2 minutes, or until the chicken is coated and the sauce is thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Season the **yogurt** with salt and pepper.
- Serve the **finished couscous** topped with the **finished chicken and sauce** and **seasoned yogurt**. Garnish with the **sliced green tops of the scallions**. Enjoy!

