

Oregano Chicken & Couscous

with Fresh Tomato Sauce, Spinach & Parmesan

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
blueapron.com



Ingredients*



10 oz Boneless Chicken Breast Pieces



½ cup Pearl Couscous



3 oz Baby Spinach



2 cloves Garlic



4 oz Grape Tomatoes



1 oz Sliced Roasted Red Peppers



¼ cup Grated Parmesan Cheese



1 Tbsp Red Wine Vinegar



2 Tbsps Tomato Paste



¼ tsp Crushed Red Pepper Flakes



1 tsp Whole Dried Oregano



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



7 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.

To learn more about the (NEW!) WW Points™ program, visit ww.com. The WW logo, Points and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

*Ingredients may be replaced and quantities may vary.

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COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- 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.
- Halve the **tomatoes**; place in a bowl and season with salt and pepper.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peppers**.



2 Cook the couscous & wilt the spinach

- Add the **couscous** to the pot of boiling water and cook, uncovered, 5 to 7 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Immediately add the **spinach**; stir until combined and the spinach is slightly wilted.
- Cover to keep warm.



3 Cook the chicken & make the sauce

- Meanwhile, pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **oregano**. Toss to coat.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned chicken**. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **seasoned tomatoes, chopped garlic, and as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until slightly softened.
- Add the **tomato paste**. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- Add $\frac{1}{4}$ **cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the sauce is slightly thickened and the chicken is cooked through.
- Turn off the heat. Taste, then season with salt and pepper if desired.



4 Finish the couscous & serve your dish

- To the pot of **cooked couscous and spinach**, add the **chopped peppers, vinegar, and 2 teaspoons of olive oil**. Season with salt and pepper; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished couscous** topped with the **cooked chicken and sauce**. Garnish with the **cheese**. Enjoy!

