



Apricot Chicken with Couscous & Roasted Green Beans



20-30min



2 Servings

Chicken is a blank canvas which is perfect for a tangy sauce. Shallots, apricot preserves, vinegar, chicken broth, and just enough butter make an apricot sauce that is the real star of the show. The fluffy couscous and roasted green beans are perfect accompaniments. Cook, relax, and enjoy!

What we send

- chicken broth concentrate
- shallot
- fresh parsley
- green beans
- boneless, skinless chicken breasts
- apricot preserves

What you need

- all-purpose flour ¹
- apple cider vinegar
- butter ⁷
- kosher salt & ground pepper
- olive oil

Tools

- medium skillet
- rimmed baking sheet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

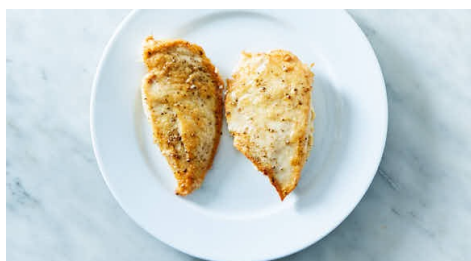
Nutrition per serving

Calories 920kcal, Fat 39g, Carbs 92g, Proteins 48g



1. Prep ingredients

Preheat oven to 450°F with a rack in the top position. Peel and finely chop about **½ cup shallot**. Trim stem ends from **green beans**. Whisk **chicken broth concentrate** into **¾ cup water** and reserve for step 5. Finely chop **parsley leaves and stems**.



4. Brown chicken

Meanwhile, pat **chicken** dry, then pound to an even ½-inch thickness, if necessary. Season all over with **½ teaspoon salt** and **a few grinds pepper**, then dust with **2 teaspoons flour**. Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **chicken** and cook until browned and cooked through, 3–4 minutes per side. Transfer to a plate.



2. Cook couscous

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **half of the shallots** and cook, stirring, until softened and beginning to brown, about 2 minutes. Add **1 cup water** and **¼ teaspoon salt**. Cover and bring to a boil. Stir in **couscous**, then remove from heat. Cover and let stand until ready to serve.



5. Make pan sauce

Add **remaining shallots** and **1 tablespoon oil** to same skillet, then reduce heat to medium. Cook, stirring, until softened, about 2 minutes. Add **prepared broth, apricot preserves**, and **1 tablespoon vinegar**. Simmer, scraping the bottom of the skillet, until sauce reduces to ½ cup, 5–7 minutes. Remove from heat, then whisk in **½ tablespoon butter**.



3. Roast green beans

Transfer **green beans** to a rimmed baking sheet. Toss with **2 teaspoons oil** and **a pinch each salt and pepper**. Roast on top oven rack until tender and beginning to brown in spots, 10–12 minutes. Remove from oven and cover to keep warm.



6. Finish & serve

Add **chicken and juices** back to the skillet. Cook over medium, turning chicken once, until warm and coated in the sauce, 1–2 minutes. Remove from heat. Season to taste with **salt** and **pepper**. Stir **¾ of the parsley** into the **couscous**. Serve **chicken** and **sauce** with **couscous** and **green beans**. Garnish with **remaining parsley**. Enjoy!