



20-Min: Baharat Chicken, Veggies

& Honey-Tahini with Israeli Couscous



ca. 20min



2 Servings

A fast feast of flavors and textures is possible with the addition of savory sauces and spices! We coat tender chicken breasts with baharat spice, a mild blend that includes cumin and cloves, then quickly sear them before making a buttery pan sauce. Honey-roasted carrots with spinach accompany fluffy Israeli couscous while tahini-honey dressing and fresh mint tie it all together.

What we send

- 3 oz Israeli couscous ¹
- 1 lb carrots
- ½ oz honey
- garlic
- 1 oz tahini ¹¹
- ¼ oz fresh mint
- 1 oz salted almonds ¹⁵
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz baharat spice blend ¹¹
- 3 oz baby spinach

What you need

- kosher salt & ground pepper
- olive oil
- apple cider vinegar (or white wine vinegar)
- butter ⁷

Tools

- small saucepan
- rimmed baking sheet
- microplane or grater
- medium skillet

Allergens

Wheat (1), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 830kcal, Fat 46g, Carbs 57g, Proteins 53g



1. Cook couscous

Preheat the broiler with a rack in the upper third. In a small saucepan combine **couscous**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil, then reduce to a simmer; cook until couscous is cooked through and water is absorbed, 10–12 minutes. Keep covered until ready to serve.

Meanwhile, cut **half of the carrots** on an angle into ¼-inch thick slices (save rest for your own use).



4. Cook chicken

Pat **chicken** dry and season all over with **salt**, **pepper**, and **baharat spice blend**. In a medium skillet, heat **1 tablespoon oil** over medium-high. Add chicken and cook until well browned and cooked through, 3–4 minutes per side. Transfer to a plate to rest.



2. Broil carrots

Toss **sliced carrots** with **2 tablespoons oil** directly on a rimmed baking sheet; season with **a pinch each of salt and pepper**. Spread to a single layer and transfer to upper oven rack. Broil until just tender, about 6 minutes (watch closely). Carefully, toss carrots with **half of the honey** directly on baking sheet. Return to the upper oven rack and broil until tender, 2–3 minutes more.



5. Make pan sauce

To same skillet, add **1 tablespoon butter**; heat over medium until melted. Add **3 tablespoons water** and bring to a simmer, scraping up browned bits from the bottom. Remove from heat. Toss **spinach** with **carrots** directly on baking sheet until slightly wilted. Fluff **couscous** with a fork and stir in **half of the chopped mint and almonds**.



3. Make dressing

Meanwhile, finely grate **½ teaspoon garlic** into a small bowl. Whisk in **tahini**, **remaining honey**, **1 ½ tablespoons water**, and **¼ teaspoon vinegar**. Season to taste with **salt** and **pepper**.

Pick and coarsely chop **mint leaves**; discard stems. Coarsely chop **almonds**.






6. Finish & serve

Spoon **couscous** and **veggies** onto plates.

Slice **chicken** and plate next to **veggies** and **couscous**. Spoon **pan sauce** over top of **chicken**. Drizzle **tahini dressing** over veggies and garnish with **remaining mint and almonds**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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