



Mediterranean Skillet Chicken

with Burst Tomatoes, Feta & Israeli Couscous



20-30min



2 Servings

Can you even imagine a Greek salad without feta cheese? It adds that briny, rich flavor we crave. It's the finishing touch on pan-roasted chicken breasts, with Israeli couscous and sweet blistered grape tomatoes served alongside.

What we send

- 1 oz Kalamata olives
- 1 lemon
- 1 yellow onion
- garlic
- ¼ oz fresh oregano
- 3 oz Israeli couscous ¹
- 12 oz pkg boneless, skinless chicken breasts
- 3 plum tomatoes
- 1 piece feta cheese ²

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or apple cider vinegar)

Tools

- small saucepan
- microplane or grater
- medium skillet

Allergens

Wheat (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 740kcal, Fat 37g, Carbs 53g, Protein 52g



1. Prep ingredients

Bring a small saucepan with **salted water** to a boil. Coarsely chop **olives**; remove any pits if necessary. Zest **lemon**, then separately squeeze **1 tablespoon lemon juice** into a small bowl. Thinly slice **¾ cup onion**; finely chop 1 tablespoon. Thinly slice **1 garlic clove**. Finely chop **1 teaspoon oregano leaves**; keep remaining sprigs whole. Core tomatoes; cut into 1-inch pieces.



4. Cook tomatoes

Add **tomatoes, sliced onions and garlic**, and a **pinch each of salt and pepper** to skillet. Cook over medium-high heat, stirring occasionally, until tomatoes are lightly browned, 3 minutes. Add **1 oregano sprig, ¾ cup water**, and **1 tablespoon vinegar**. Bring to a simmer and cook, lightly crushing tomatoes with the back of a spoon, until sauce is slightly thickened, 5 minutes.



2. Cook couscous

Add **couscous** to boiling water and cook, stirring occasionally, until al dente, 6-7 minutes. Drain couscous, shake out excess water, and return to saucepan off the heat. Toss with **1 tablespoon oil**. Season to taste with **salt and pepper**. Cover to keep warm until ready to serve.



5. Finish chicken & dressing

Nestle **chicken**, browned side up, between **tomatoes** and pour in **any resting juices**. Cover and simmer over medium heat until chicken is cooked through and tomato juices are thickened, 3-5 minutes. Meanwhile, stir **chopped onions and oregano** and **2 tablespoons oil** into bowl with **lemon juice**. Season to taste with **salt and pepper**.



3. Brown chicken

Meanwhile, pat **chicken** dry, then pound to ½-inch thickness, if necessary; season all over with **salt and pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until well browned on the bottom (chicken will not be cooked through), 3-4 minutes. Transfer chicken to a plate. If skillet is dry, add **1 tablespoon oil** and return to medium-high heat.



6. Finish & serve

Remove **oregano sprig** from **tomato sauce**, then stir in **olives** and **lemon zest**. Serve **chicken and tomatoes** topped with **crumbled feta**, and with **couscous** alongside. Spoon **onion-oregano dressing** over top. Enjoy!