

DINNERLY



Moroccan Tomato-Braised Chicken Thighs

with Pearl Couscous



1h



2 Servings

Delicious chicken thighs are treated to a spiced tomato bath for a quick braise that tenderizes and flavorizes! Ras el hanout—a North African spice blend—is the flavor driver, while a bed of toasted pearl couscous acts as a delicious vehicle to gobble up every last drop of sauce. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- 1 carrot
- ¼ oz fresh parsley
- 12 oz pkg boneless, skinless chicken thighs
- ¼ oz ras el hanout
- 6 oz tomato paste
- 3 oz pearl couscous¹

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil

TOOLS

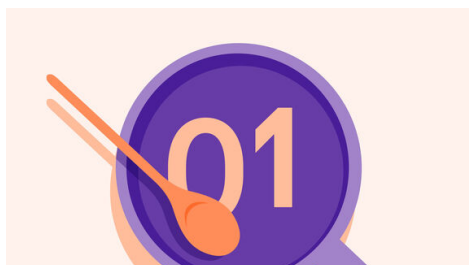
- medium ovenproof skillet
- small saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 530kcal, Fat 18g, Carbs 54g, Protein 43g

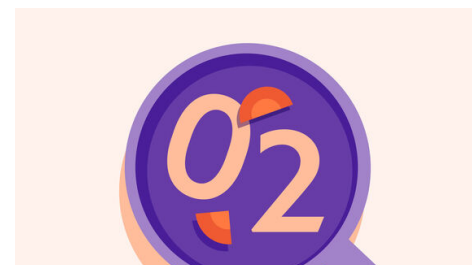


1. Prep ingredients

Preheat oven to 350°F with a rack in the upper third.

Halve **onion** and thinly slice. Finely chop **2 teaspoons garlic**. Trim ends from **carrot** and thinly slice. Pick **parsley leaves** from stems and coarsely chop; discard stems.

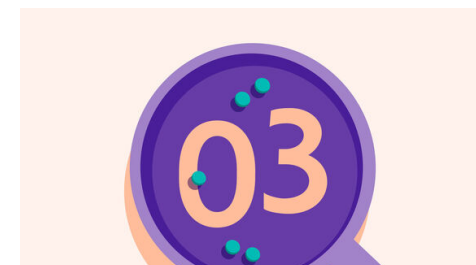
Pat **chicken** dry; season with **salt, pepper**, and **½ teaspoon ras el hanout**.



2. Brown chicken & veggies

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **chicken** and cook until browned but not cooked through, 2–3 minutes per side. Transfer to a plate.

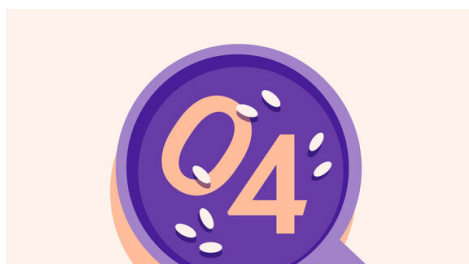
To same skillet, add **onions, carrots**, and **¼ cup water**. Cover and cook until softened, about 3 minutes. Uncover and cook until lightly browned, 2–3 minutes more.



3. Braise chicken

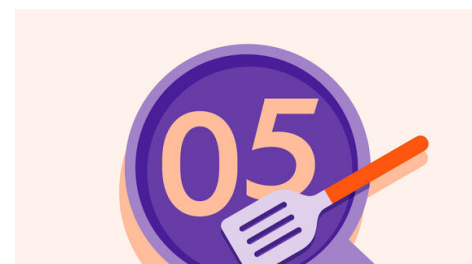
Add **chopped garlic, remaining ras el hanout, ¼ cup tomato paste, ½ teaspoon salt**, and **a few grinds of pepper**. Cook until fragrant, about 1 minute. Add **1¼ cups water**; cook, scraping up any browned bits from bottom of skillet. Bring to a boil.

Add **chicken and any juices**. Transfer to oven; cook, partially covered, until chicken is very tender and easily pulls apart, about 45 minutes.



4. Cook couscous

Meanwhile, heat **1 teaspoon oil** in a small saucepan over medium-high. Add **couscous** and cook, stirring, until golden-brown, about 3 minutes. Add **¾ cup water** and **½ teaspoon salt**. Cover and bring to a boil over high heat. Reduce heat to low; cover and cook until al dente, 10–12 minutes. Season with **a few grinds of pepper**.



5. Serve

Serve **braised chicken and sauce** over **couscous**. Garnish with a **sprinkle of salt**, a **drizzle of olive oil**, and **chopped parsley**. Enjoy!



6. Want a thicker sauce?

Before serving, return skillet with braised chicken and sauce to stovetop over medium-high heat. Cook, uncovered, until thickened, 2–3 minutes.