



Lemon-Mint Eggplant & Chicken Strips

with Israeli Couscous Pilaf & Crumbled Feta



30min



2 Servings

There are so many reasons to love eggplant. Firstly, it's a good-for-you veggie, but mainly because when broiled, it takes on a somewhat smoky flavor and a decadent, almost meaty, texture. Here we pair the rich veggie and chicken strips with a lemon and fresh mint vinaigrette and nutty Israeli couscous. Almonds and feta are the perfect topping to add layer of texture. It's the best of the Mediterranean on a plate.

What we send

- garlic
- 1 lemon
- ¼ oz fresh mint
- 2 eggplants
- 1 oz sliced almonds ¹⁵
- 3 oz Israeli couscous ¹
- 1 oz dried cranberries
- ¼ oz warm spice blend
- 10 oz pkg chicken breast strips
- 2 (2 oz) feta ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

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

Allergens

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

Nutrition per serving

Calories 900kcal, Fat 53g, Carbs 63g,
Protein 51g



1. Prep ingredients

Finely chop **1 teaspoon garlic**. Finely grate **all of the lemon zest** into a medium bowl. Cut lemon into wedges. Pick and coarsely chop **mint leaves**, discarding stems. To medium bowl with lemon zest, add **garlic, 2 tablespoons oil**, and **1 tablespoon each of lemon juice and mint**. Season to taste with **salt and pepper**; set aside until step 5.



4. Cook couscous

To same saucepan, add **couscous** and cook over medium heat, stirring frequently, until golden, 3-5 minutes. Add **dried cranberries, ¾ cup water**, and **¼ teaspoon warm spice blend**; bring to a boil. Cover, reduce to simmer, and cook until liquid is absorbed and couscous is al dente, about 15 minutes.



2. Broil eggplant

Preheat broiler with a rack in the upper third. Trim ends from **eggplant**; cut crosswise into ½-inch thick rounds. On rimmed baking sheet, toss eggplant with **¼ cup oil**; season with **salt and pepper** (it can overlap). Broil on upper rack until browned on one side, about 10 minutes (watch closely). Flip eggplant, drizzle with **oil** if dry; broil until tender, 5-10 minutes more.



5. CHICKEN VARIATION

Pat **chicken** dry. Season with **salt and pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



3. Toast almonds

While **eggplant** broils, heat **1 teaspoon oil** in a medium saucepan over medium. Add **almonds** and cook, stirring, until toasted, about 2 minutes (watch closely). Transfer to bowl.



6. Finish & serve

Once **eggplant** and **chicken** are done, transfer to bowl with **marinade** from step 1. Toss to combine and let sit until **couscous** is finished cooking.

Fluff **couscous** with a fork; add **toasted almonds** and stir to combine. Serve **couscous** with **chicken, eggplant, and any remaining marinade** on top. Crumble **feta cheese** over top and garnish with **remaining mint**. Enjoy!