



Orange & Oregano Chicken

with Couscous & Feta-Dill Roasted Broccoli



30-40min



2 Servings

Fresh dill is a feathery herb with tender green fronds that have a light flavor. We pair this fresh herb with classic Mediterranean flavors, like briny feta cheese, aromatic dried oregano, and fluffy couscous. The perfect ingredients to elevate quick-cooking boneless, skinless chicken breasts.

What we send

- ½ lb broccoli
- 1 shallot
- 1 orange
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz dried oregano
- 3 oz couscous ¹
- ¼ oz fresh dill
- 2 oz feta ⁷
- garlic

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- meat mallet (or heavy skillet)
- medium skillet
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 680kcal, Fat 33g, Carbs 49g, Protein 53g



1. Prep ingredients

Preheat oven to 425°F with a rack in the upper third. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Peel and finely chop **¼ cup shallot**. Peel and finely chop **1 teaspoon garlic**. Finely grate **1 teaspoon orange zest** into a medium bowl, then squeeze **2 tablespoons orange juice** into a small bowl. Cut any remaining orange into wedges.



4. Brown chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** (it should sizzle) and cook until browned, 2-3 minutes per side (it will not be cooked through). Transfer to a plate and reserve skillet.



2. Marinate chicken

To bowl with **orange zest**, add **1 teaspoon of the dried oregano**, **1 tablespoon oil**, **1 teaspoon salt**, and **a few grinds of pepper**, whisking to combine. Pat **chicken** dry, then pound to ½-inch thickness. Add chicken to marinade and turn to coat. Set aside to marinate until step 4.



5. Roast broccoli

Finely chop **1 teaspoon dill fronds and tender stems** together. On a rimmed baking sheet, toss **broccoli** with chopped dill and **1 tablespoon oil**; season with **salt** and **pepper**. Bake on upper oven rack until just tender, about 5 minutes. Remove from oven and sprinkle **feta** over top. Bake on upper oven rack until cheese is golden, 3-5 minutes more.



3. Toast couscous

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **shallot**, **garlic**, and **couscous**. Cook, stirring, until fragrant and couscous is toasted, about 2 minutes. Transfer to a bowl.



6. Finish & serve

Meanwhile, stir **couscous**, **orange juice**, **½ cup water**, and **¼ teaspoon salt** into reserved skillet. Add **chicken** and bring to a boil. Cover and cook over low until liquid is absorbed, 2-3 minutes. Remove from heat and keep covered for 5 minutes. Serve **couscous** topped with **chicken** and **broccoli**. Pass **any orange wedges** to squeeze over. Enjoy!