

DINNERLY



Cherry Berry Seared Chicken Cutlets with Brussels Sprouts & Israeli Couscous



ca. 20min



2 Servings

What looks like a fancy restaurant-worthy meal but is so easy to make that you won't even break a sweat in the kitchen? Here's a hint: It's a BERRY good time (sorry, not sorry). A sweet cherry berry sauce and pan-seared chicken go together like peas in a pod, then they're served on a luxurious bed of Israeli couscous and Brussels sprouts. Skip the reservation—you've got everything you need right at home. We've got you covered!

WHAT WE SEND

- 3 oz Israeli couscous ¹
- 10 oz pkg boneless, skinless chicken breast
- 1 oz dried cherries
- 2 (½ oz) raspberry jam
- ½ lb Brussels sprouts
- ¼ oz granulated garlic

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- butter ⁷
- all-purpose flour ¹
- apple cider vinegar (or red wine vinegar)

TOOLS

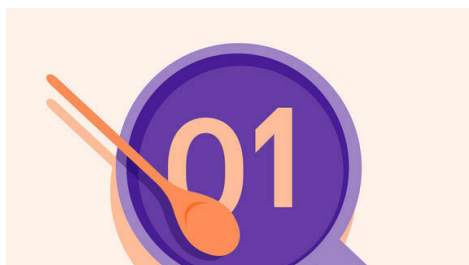
- small saucepan
- meat mallet (or heavy skillet)
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

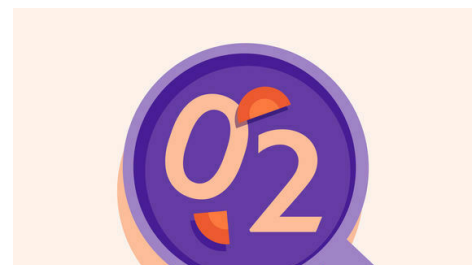
Calories 650kcal, Fat 26g, Carbs 68g, Protein 43g



1. Prep ingredients

Thinly slice **Brussels sprouts** crosswise into thin ribbons; discard ends.

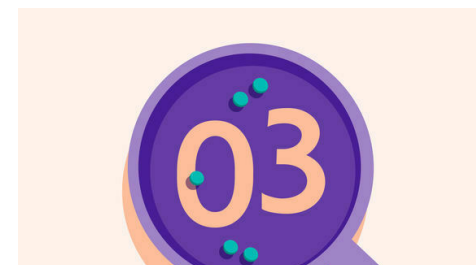
Heat **1 teaspoon oil** in a small saucepan over medium-high. Add **couscous** and cook, stirring, until golden-brown, about 3 minutes. Add **¼ teaspoon granulated garlic**; cook, stirring occasionally, until fragrant, about 30 seconds.



2. Cook couscous & Brussels

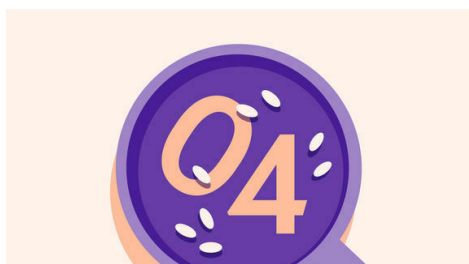
To saucepan with **couscous**, add **¾ cup water** and **½ teaspoon salt**. Cover and bring to a boil over high heat. Reduce heat to low; cover and cook until al dente, 10–12 minutes. Keep covered off heat until ready to serve.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **Brussels sprouts**; cook, stirring, until browned and tender, 3–4 minutes. Transfer to a bowl.



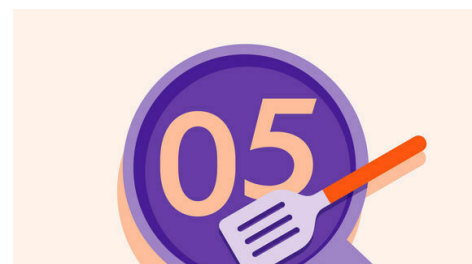
3. CHICKEN VARIATION

Pound **chicken** to an even ½-inch thickness; then pat dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Working in batches if necessary, add chicken and cook until lightly browned on the bottom, 2–4 minutes. Flip and continue cooking until cooked through, about 2 minutes more. Transfer to a plate until ready to serve.



4. Make cherry sauce

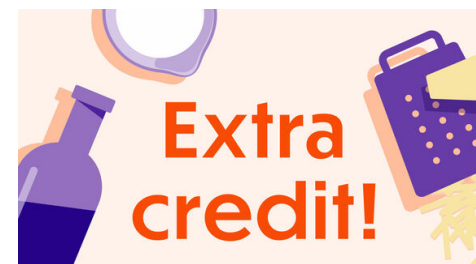
In same skillet over medium heat, add **1 tablespoon butter** and **1 teaspoon flour**. Cook, stirring often until fragrant, 30 seconds. Stir in **all the raspberry jam, cherries, ¼ teaspoon granulated garlic**, and **½ cup water**. Bring to a simmer; cook until reduced by half, 1 minute. Stir in **1 tablespoon butter** and **½ teaspoon vinegar** until melted. Season to taste with **salt** and **pepper**.



5. Finish & serve

Fluff **couscous** with a fork and stir in **Brussels sprouts**.

Serve **chicken cutlets** over **Israeli couscous** and **Brussels sprouts** with **cherry sauce** drizzled over top. Enjoy!



6. Add more veggies!

Extra veggies like roasted tomatoes and zucchini would pair perfectly with this dish.