



Broiled Chicken & Artichokes

with Chickpea Couscous



20-30min



2 Servings

Broiling is one of our favorite quick cooking techniques. Direct heat gives meat and vegetables a caramelized surface, enhancing the flavor of each ingredient. Here we broil chicken with artichokes until crisp and serve them over a garlicky chickpea couscous. A lemony garlic dressing drizzled at the very end adds an extra layer of brightness.

What we send

- garlic
- ¼ oz fresh parsley
- 1 lemon
- ¾ oz Parmesan ⁷
- 15 oz can chickpeas
- 14 oz can artichokes
- 12 oz pkg boneless, skinless chicken thighs
- 3 oz couscous ¹

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet
- 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 760kcal, Fat 45g, Carbs 56g, Protein 52g



1. Prep ingredients

Finely chop **1 teaspoon garlic**. Reserve a **few parsley leaves** for serving, then coarsely chop remaining leaves and stems. Finely grate **1 teaspoon lemon zest**, then separately squeeze **2 tablespoons juice** into a small bowl. Finely grate **Parmesan**.

Drain and rinse **chickpeas** and **artichoke hearts**, keeping separate. Quarter artichokes, if large.



4. Brown chickpeas

Meanwhile, pat **chickpeas** dry.

Heat **2 tablespoons oil** in a medium skillet over medium-high until shimmering. Add chickpeas and **a pinch each of salt and pepper**; cook, stirring occasionally, until starting to brown, about 5 minutes. Stir in **¾ of the chopped garlic** and cook, stirring, until fragrant, about 30 seconds.



2. Prep chicken & artichokes

Preheat broiler with a rack in the upper third.

On a rimmed baking sheet, pat dry **chicken** and **artichoke hearts**, then toss with **2 tablespoons oil**; season with **salt** and **pepper**. Spread into a single layer.



3. Cook chicken & artichokes

Broil **chicken and artichokes** on upper oven rack until browned, about 8 minutes. Carefully flip both and continue broiling until chicken is cooked to 165°F internally, about 5 minutes more (watch closely as broilers vary).



5. Cook couscous

Scatter **couscous** over **chickpeas** in skillet. Stir in **¾ cup water** and **½ teaspoon salt**. Bring to a boil, then remove from heat and cover. Let stand until water is absorbed and grains are tender, about 5 minutes.

Stir in **lemon zest, chopped parsley, half of the Parmesan**, and **½ tablespoon of the lemon juice**.



6. Make dressing & serve

Whisk **remaining chopped garlic** and **3 tablespoons oil** into bowl with **remaining lemon juice**. Season to taste with **salt** and **pepper**.

Serve **chicken, artichokes, and any resting juices** over **couscous**. Top with **lemon dressing, remaining Parmesan**, and **reserved parsley leaves**. Enjoy!