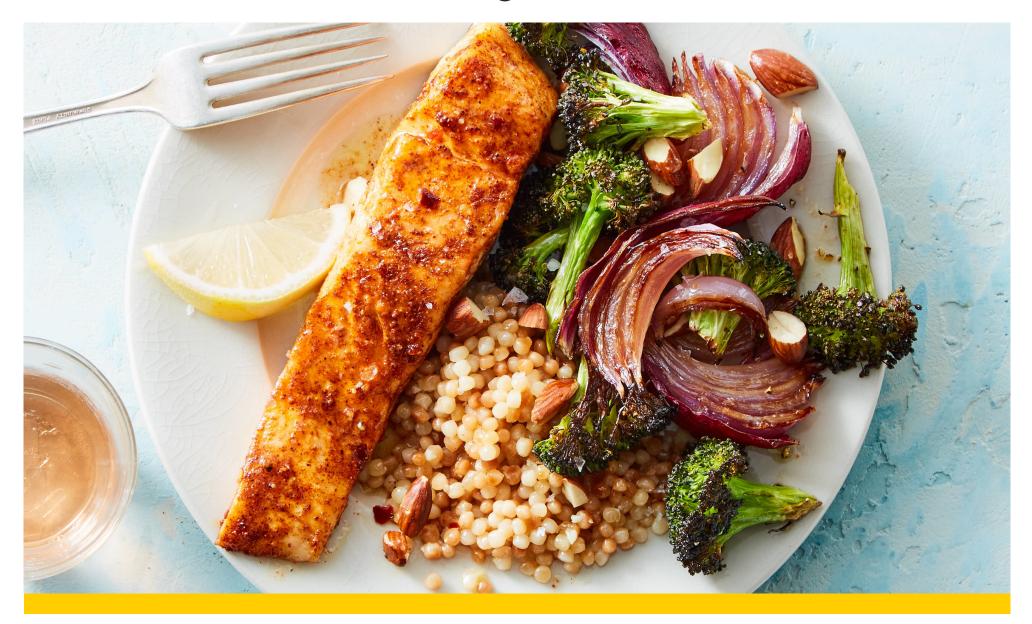
MARLEY SPOON



Harissa Chicken & Broccoli

with Almonds & Israeli Couscous

30min 💘 2 Servings

Harissa paste is a staple of North African cooking, and for good reason-it's delicious! We've channeled its flavors into a spice mix that includes red chile peppers and garlic. Just a touch hot, but with a whole lot of complex flavor, the blend does double duty in this dish: It perks up lean chicken breast, and also adds a bit of zip to the lemon dressing that tops the fish, couscous, and broccoli.

What we send

- ½ lb broccoli
- 1 red onion
- garlic
- 1 lemon
- 3 oz Israeli couscous ²
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz harissa spice blend
- 1 oz salted almonds ³

What you need

- olive oil
- kosher salt & ground pepper
- butter ¹
- sugar

Tools

- microplane or grater
- small saucepan
- rimmed baking sheet

Allergens

Milk (1), Wheat (2), Tree Nuts (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 670kcal, Fat 30g, Carbs 53g, Protein 52g



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, if necessary. Halve **onion** and cut through the root into ½-inch thick wedges. Finely chop **1 teaspoon garlic**.

Finely grate ¼ teaspoon lemon zest, then separately squeeze 2 teaspoons lemon juice into a small bowl. Cut any remaining lemon into wedges.



2. Cook couscous

Heat **1 teaspoon oil** in a small saucepan over medium-high. Add **couscous** and cook, stirring, until golden-brown, 3-4 minutes. Add **chopped garlic**; cook, stirring, 30 seconds. Add **¾ cup water** and **½ teaspoon salt** Cover and bring to a boil. Reduce heat to low; cook until couscous is al dente, 10-12 minutes. Stir in **lemon zest** and **1 tablespoon butter**. Cover to keep warm.



3. Roast vegetables

Toss **broccoli** and **onions** on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**.

Roast on upper oven rack until vegetables are just tender and browned in spots, about 15 minutes.



We've tailored the instructions below to match your recipe choices. Happy cooking!

4. Season chicken

While **veggies** roast, stir to combine **1 tablespoon oil** and **1 teaspoon harissa spice** in a small bowl.

Pat **chicken** dry, then rub all over with **harissa oil**. Season with **salt** and **pepper**.



5. Roast chicken

Place **chicken** on the baking sheet with **broccoli and onions** (if veggies are browning too much, remove before placing back in oven). Roast on upper oven rack until chicken is cooked through and reaches an internal temperature of 165°F, 12-15 minutes (or longer if desired). Coarsely chop **almonds**, then toss with **vegetables** on baking sheet.



6. Finish & serve

Meanwhile, add **1 tablespoon oil** and **a pinch each of harissa spice and sugar** to bowl with **lemon juice**, stirring to combine; season to taste with **salt** and **pepper**. Spoon **lemon-harissa dressing** over **chicken and vegetables**. Serve with **couscous** and **any lemon wedges** on the side for squeezing over. Enjoy!