



## 20-Min: Za'atar Chicken

with Herbed Couscous & Tahini



ca. 20min



2 Servings

In this 20-minute recipe, quick-cooking boneless chicken breasts are coated in Za'atar, a Middle Eastern spice blend, and pan-roasted to create a savory crust. The chicken is served with fluffy couscous and drizzled with a creamy tahini sauce over the top. And for a quick hit of veggies, a no-prep spinach and plum tomato salad.

## What we send

- 2 scallions
- ½ oz fresh parsley
- 3 oz couscous <sup>2</sup>
- 1 oz tahini <sup>1</sup>
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz za'atar spice blend <sup>1</sup>
- 1 plum tomato
- 5 oz baby spinach
- garlic

## What you need

- kosher salt & ground pepper
- olive oil
- apple cider vinegar (or white wine vinegar)

## Tools

- small saucepan
- medium skillet

## Allergens

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

## Nutrition per serving

Calories 640kcal, Fat 33g, Carbs 40g, Protein 50g



### 1. Prep ingredients

Trim **scallions**, then thinly slice. Coarsely chop **parsley leaves and stems**. Finely chop **1 teaspoon garlic**.



### 2. Cook couscous

In a small saucepan, bring **½ cup water** and **a pinch of salt** to a boil. Stir in **couscous**, then cover and remove from heat. Let stand for 5 minutes, then fluff with a fork. Add **scallions, parsley**, and **1 teaspoon oil** to couscous, stirring to combine. Season to taste with **salt** and **pepper**. Cover to keep warm until ready to serve.



### 3. Make tahini sauce

Meanwhile, combine **tahini, chopped garlic, 2 teaspoons vinegar**, and **1 tablespoon oil** in a small bowl (mixture will be very thick). Stir in **2 tablespoons water**, a little at a time, until sauce is creamy. Season to taste with **salt** and **pepper**.



### 4. Season chicken

Pat **chicken** dry, then pound to ½-inch thickness, if necessary. Season all over with **salt, pepper**, and **2 teaspoons za'atar spice**, pressing gently to help seasoning adhere.



### 5. Brown chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until browned and cooked through, 2-3 minutes per side. Transfer to a plate.



### 6. Toss salad & serve

Core and chop **tomato**. In a medium bowl, whisk to combine **1 teaspoon vinegar** and **1 tablespoon oil**; season to taste with **salt** and **pepper**. Add **spinach** and **tomatoes**, tossing to coat. Serve **herbed couscous** with **za'atar chicken** over top and **spinach salad** alongside. Drizzle with **tahini sauce**. Enjoy!