

DINNERLY



Za'atar-Rubbed Chicken Breast with Israeli Couscous, Feta & Spinach



20-30min



2 Servings

Buckle your seatbelts because we're taking weeknight dinner on an intense flavor rollercoaster. In this dish, we take the zesty power of za'atar spice and rub it all over a juicy chicken breast, then pan-sear it to perfection. Pair this with the nutty notes of Israeli couscous mixed with creamy feta, slightly wilted spinach, and a light dressing over top. We've got you covered! **316**

WHAT WE SEND

- 10 oz pkg boneless, skinless chicken breast
- ¼ oz za'atar spice blend ¹¹
- 3 oz Israeli couscous ¹
- 5 oz baby spinach
- 2 oz feta ⁷

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- ¼ cup all-purpose flour ¹
- red wine vinegar (or apple cider vinegar) ¹⁷

TOOLS

- medium skillet
- small pot

ALLERGENS

Wheat (1), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 30g, Carbs 47g, Protein 46g



1. Prep ingredients

Finely chop **1½ teaspoons garlic**. Pat **chicken** dry, then rub all over with **oil**. Season all over with **salt, pepper**, and **all of the za'atar spice blend**, pressing to help seasoning adhere.

Spread **¼ cup flour** onto a plate, then dredge chicken on all sides, tapping to remove excess flour.



2. CHICKEN VARIATION

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



3. Cook couscous

Meanwhile, heat **1 teaspoon oil** in a small pot over medium-high. Add **couscous**; cook, stirring, until golden-brown, 3 minutes. Add **1 teaspoon chopped garlic**; cook, stirring, until fragrant, 30 seconds. Add **¾ cup water** and **½ teaspoon salt**; cover and bring to a boil. Reduce heat to low; cook until liquid is absorbed and couscous is al dente, 10–12 minutes. Keep covered off heat.



4. Make vinaigrette

In a small bowl, whisk to combine **remaining chopped garlic**, **2 tablespoons oil**, and **1 tablespoon vinegar**. Season to taste with **salt** and **pepper**.



5. Finish & serve

Add **spinach** to pot with **couscous**, then crumble **all but ⅓ of the feta** over top; stir to slightly wilt spinach. Season to taste with **salt** and **pepper**. Thinly slice **chicken**.

Serve **za'atar-rubbed chicken** over **couscous** and **spinach**. Crumble **remaining feta** and spoon **vinaigrette** over top. Enjoy!



6. Take it to the next level

Amp up the flavor of your Israeli couscous by adding thinly sliced cucumbers, chopped dill, a splash of lemon juice, or even chopped sun-dried tomatoes!