

DINNERLY



Harissa-Spiced Chicken & Roasted Carrots

with Apricot-Couscous Pilaf



20-30min



2 Servings

We love a tasty tagine, but not when dinner needs to be on the table in a hurry! So we deconstructed the Moroccan stew to make a delicious meal that you don't need hours, a ton of ingredients, or any special equipment to make! Tender chicken is seasoned with harissa spice. Dried apricots are folded into the couscous for the perfect sweet and savory side. We've got you covered!

WHAT WE SEND

- 1 red onion
- 2 carrots
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz harissa spice blend
- 3 oz couscous ¹
- 1 oz diced dried apricots ¹²

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil
- butter ⁷
- apple cider vinegar (or white wine vinegar)

TOOLS

- large ovenproof skillet
- small saucepan

ALLERGENS

Wheat (1), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 580kcal, Fat 25g, Carbs 59g, Protein 35g



1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third.

Halve **onion**, then cut into ¼-inch thick wedges; finely chop ¼ **cup onions**. Finely chop 1 **teaspoon garlic**. Scrub and trim **carrots**; cut into ¼-inch pieces on an angle. Chop **apricots**, if necessary. Pat **chicken** dry; season with 1 **teaspoon harissa spice** and a **generous pinch** each of salt and pepper.



2. Roast onions & carrots

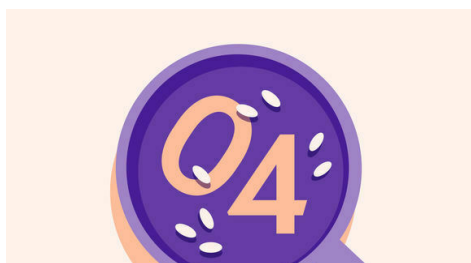
Transfer **sliced onions and carrots** to a large ovenproof skillet; toss with 2 **teaspoons oil** and season with **salt** and **pepper**. Roast on lower oven rack until just tender and browned in spots, 10–12 minutes.



3. Cook chicken

Carefully transfer skillet to stovetop over medium-high heat. Push **veggies** to one side, then add 1 **teaspoon oil** to empty side. Add **chicken** and cook until browned on the bottom, 2–3 minutes. Flip chicken and stir 2 **tablespoons water** into veggies.

Roast on lower oven rack until chicken is cooked through, about 6 minutes. Transfer chicken to a plate; let rest 5 minutes.



4. Finish onions & carrots

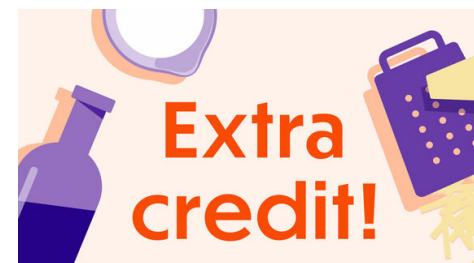
In skillet with **veggies** over medium heat, add 3 **tablespoons water**, 1½ **tablespoons butter**, and ½ **teaspoon vinegar**. Stir until butter melts, about 1 minute. Season to taste with **salt** and **pepper**. Cover to keep warm.



5. Cook couscous & serve

Heat 1 **tablespoon oil** in a small saucepan over medium-high. Add **chopped onions and garlic**; stir until softened, 2–3 minutes. Add **apricots**, ½ **cup water**, and ¼ **teaspoon salt**. Cover and bring to a boil; stir in **couscous**. Cover and let stand off heat, 5 minutes. Fluff couscous with a fork.

Serve **chicken**, **veggies** and **couscous pilaf** with **pan sauce** over top. Enjoy!



6. Mix it up!

Instead of mixing the apricots into your couscous, make a chutney! Finely chop apricots into ⅛-inch pieces, then transfer to a small saucepan. Add 2½ **tablespoons vinegar**, ¼ **cup water**, and 1 **tablespoon sugar**, and bring to a boil. Reduce heat to medium and cook until liquid is reduced to a syrup, 3–4 minutes. Season to taste with salt. Spoon over your pork and veggies.