



Apricot Chicken & Roasted Green Beans

with Couscous



20-30min



2 Servings

Quick-cooking boneless chicken breast is an ideal canvas for a sweet and tangy pan sauce. Shallots, apricot preserves, vinegar, chicken broth, and butter come together to make an apricot sauce that is the real star of the show. The fluffy couscous and roasted green beans are perfect accompaniments.

What we send

- 1 shallot
- ½ lb green beans
- 1 pkt chicken broth concentrate
- ¼ oz fresh parsley
- 3 oz couscous ¹
- 12 oz pkg boneless, skinless chicken breasts
- 2 (½ oz) apricot preserves

What you need

- olive oil
- kosher salt & ground pepper
- all-purpose flour ¹
- apple cider vinegar (or red wine vinegar)
- butter ²

Tools

- small saucepan
- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 800kcal, Fat 24g, Carbs 94g, Protein 54g



1. Prep ingredients

Preheat oven to 450°F with a rack in the top position. Finely chop about **½ cup shallot**. Trim stem ends from **green beans**. In a liquid measuring cup, whisk to combine **chicken broth concentrate** into **¾ cup water**; reserve for step 5. Finely chop **parsley leaves and stems**.



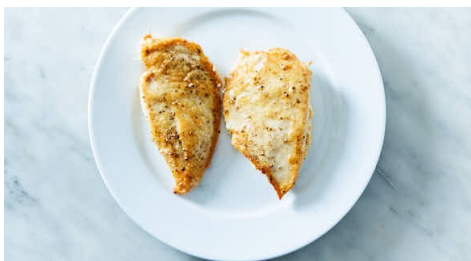
2. Cook couscous

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **half of the chopped shallots** and cook, stirring, until softened and beginning to brown, about 2 minutes. Add **1 cup water** and **½ teaspoon salt**. Cover and bring to a boil. Stir **couscous** into boiling water; cover, then remove from heat. Set aside, covered, until ready to serve (at least 5 minutes).



3. Roast green beans

Toss **green beans** on a rimmed baking sheet with **2 teaspoons oil** and a **pinch each of salt and pepper**. Roast on top oven rack until tender and beginning to brown in spots, 10-12 minutes (watch closely as ovens vary). Remove from oven and cover to keep warm.



4. Brown chicken

Meanwhile, pat **chicken** dry, then pound to an even ½-inch thickness, if desired. Season all over with **salt and pepper**, then dust with **2 teaspoons flour**. Heat **2 tablespoons oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked through, 3-4 minutes per side. Transfer chicken to a plate.



5. Make pan sauce

Add **remaining chopped shallots** and **1 tablespoon oil** to same skillet; reduce heat to medium. Cook, stirring, until softened, about 2 minutes. Add **prepared broth, apricot preserves**, and **1 tablespoon vinegar**. Simmer, scraping brown bits from the bottom of the skillet, until sauce reduces to ½ cup, 5-7 minutes. Remove from heat, then whisk in **½ tablespoon butter**.



6. Finish & serve

Add **chicken and any resting juices** back to the skillet. Cook over medium, turning chicken once, until warm and coated in **sauce**, 1-2 minutes. Remove from heat. Season to taste with **salt and pepper**. Stir **¾ of the parsley** into **couscous**. Serve **chicken and sauce** with **couscous and green beans**. Garnish with **remaining parsley**. Enjoy!