

DINNERLY



Harissa Spiced Chicken Breast with Couscous Pilaf & Roasted Carrots



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! Lean chicken breast 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
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz harissa spice blend
- 1 bag carrots
- 3 oz couscous ²
- 1 oz diced dried apricots

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter ¹
- apple cider vinegar (or red wine vinegar)
- garlic

TOOLS

- large ovenproof skillet
- small saucepan

ALLERGENS

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

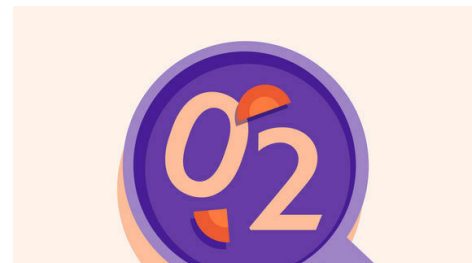
NUTRITION PER SERVING

Calories 590kcal, Fat 25g, Carbs 55g, Protein 41g



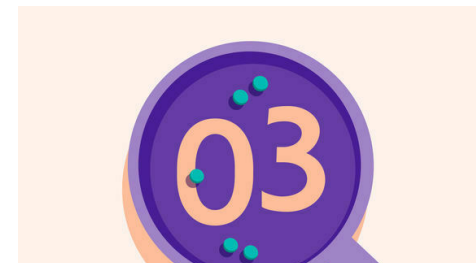
1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third. Halve **onion**, then cut into ¼-inch thick wedges through root end; finely chop ¼ cup **onions**. Pat **chicken** dry; season with 1 **teaspoon harissa spice** and a **generous pinch each of salt and pepper**. Finely chop 1 **teaspoon garlic**. Scrub and trim **carrots**; cut into ¼-inch pieces on an angle. Chop **apricots**, if necessary.



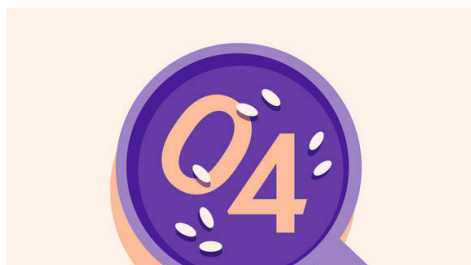
2. Roast onions & carrots

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.



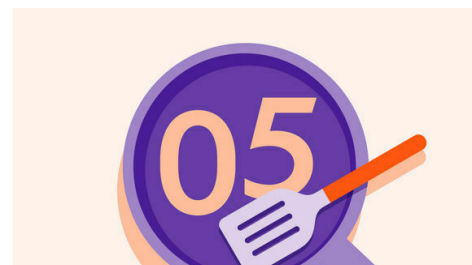
3. CHICKEN VARIATION

Carefully transfer skillet to stovetop; set over medium-high heat. Push **veggies** to one side, then add 1 **teaspoon oil**. Add **chicken** to empty side and cook until browned on one side, about 3 minutes. Flip chicken; stir 2 **tablespoons water** into veggies. Roast on lower oven rack until veggies are tender and chicken reaches 165°F internally, 10–12 minutes.



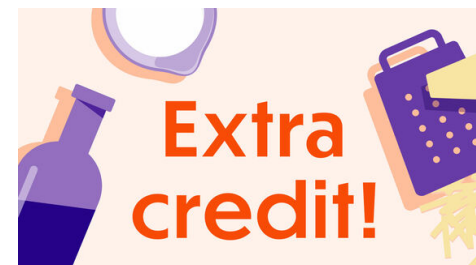
4. Season veggies

Transfer **chicken** to a cutting board to rest for 5 minutes, then thinly slice. Set skillet with **veggies** over medium heat. Toss with 3 **tablespoons water**, 1½ **tablespoons butter**, and ½ **teaspoon vinegar**, stirring until butter melts, about 1 minute. Season to taste with **salt and pepper**. Cover to keep warm. Heat 1 **tablespoon oil** in a small saucepan over medium-high.



5. Cook couscous & serve

Add **chopped onions and garlic** to saucepan; cook, stirring, until softened, 2–3 minutes. Add **apricots**, ½ cup **water**, and ¼ **teaspoon salt**. Cover and bring to a boil, then stir in **couscous**. Cover and let stand for 5 minutes off heat. Fluff **couscous** with a fork. Serve **chicken** with **veggies** and **couscous pilaf** alongside. Spoon **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 chicken and veggies.