



## Eggplant & Readymade Chicken Cutlet with Feta

Pearl Couscous Pilaf & Lemon-Mint Vinaigrette



30min



2 Servings

There are so many reasons to love eggplant. Firstly, it's a good-for-you veggie, but mainly because when broiled, it takes on a somewhat smoky flavor and a decadent, almost meaty, texture. Here we pair the rich veggie with readymade chicken cutlet, a lemon-mint vinaigrette, and nutty pearl couscous. Toasted almonds and tangy feta are the perfect topping to add layer of texture. It's the best of the Mediterranean on a plate.



## What we send

- garlic
- 1 lemon
- ¼ oz fresh mint
- 2 eggplants
- 1 oz sliced almonds <sup>1</sup>
- 3 oz pearl couscous <sup>2</sup>
- 1 oz dried cranberries
- ¼ oz warm spice blend
- ½ lb pkg ready to heat chicken cutlets <sup>3,4,2</sup>
- 2 (2 oz) feta <sup>4</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- microplane or grater
- rimmed baking sheet
- medium saucepan
- medium skillet

## Allergens

Tree Nuts (1), Wheat (2), Egg (3), Milk (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1030kcal, Fat 67g, Carbs 80g, Protein 36g



### 1. Prep ingredients

Finely chop **1 teaspoon garlic**. Finely grate **all of the lemon zest** into a medium bowl. Cut lemon into wedges. Pick and coarsely chop **mint leaves**, discarding stems. To medium bowl with lemon zest, add **garlic, 2 tablespoons oil**, and **1 tablespoon each of lemon juice and mint**. Season to taste with **salt** and **pepper**.

Preheat broiler with rack in upper third.



### 4. Cook couscous

To same saucepan, add **couscous** and cook over medium heat, stirring frequently, until golden, 3-5 minutes. Add **dried cranberries, ¾ cup water**, and **¼ teaspoon warm spice blend**; bring to a boil. Cover, reduce to simmer, and cook until liquid is absorbed and couscous is al dente, about 15 minutes.



### 2. Broil eggplant

Trim ends from **eggplant**; cut into ½-inch thick rounds. On a rimmed baking sheet, toss eggplant with **¼ cup oil**; season with **salt** and **pepper** (it can overlap). Broil on upper rack until browned on 1 side, about 10 minutes (watch closely). Flip, drizzle with **oil** if dry; broil until tender, 5-10 minutes more.

Transfer **cooked eggplant** to bowl with **marinade**. Set aside.



### 5. Cook chicken cutlets

Heat **2 tablespoons oil** in a medium skillet over medium-high until shimmering. Add **chicken cutlets**; cook until golden brown, crispy, and warmed through, 2-4 minutes per side. Transfer to a paper towel-lined plate. Lightly season with **salt** and **pepper**.



### 3. Toast almonds

While **eggplant** broils, heat **1 teaspoon oil** in a medium saucepan over medium. Add **almonds** and cook, stirring, until toasted, about 2 minutes (watch closely). Transfer to bowl.



### 6. Finish & serve

Fluff **couscous** with a fork; add **toasted almonds** and stir to combine. Slice **chicken** into strips. Serve **couscous** with **chicken** and **eggplant** and **any remaining marinade** on top. Crumble **feta cheese** over top and garnish with **remaining mint**. Enjoy!