



Harissa Chicken & Broccoli

with Almonds & Pearl Couscous



30min



2 Servings

Harissa paste is a staple of North African cooking, and for good reason—it's delicious! We've channeled its flavors into a spice mix that includes red chile peppers and garlic. Just a touch hot, but with a whole lot of complex flavor, the blend does double duty in this dish: It perks up lean chicken breast, and also adds a bit of zip to the lemon dressing that tops the fish, couscous, and broccoli.

What we send

- ½ lb broccoli
- 1 red onion
- garlic
- 1 lemon
- 3 oz pearl couscous ³
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz harissa spice blend
- 1 oz roasted almonds ²

What you need

- olive oil
- kosher salt & ground pepper
- butter ¹
- sugar

Tools

- microplane or grater
- small saucepan
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 670kcal, Fat 30g, Carbs 53g, Protein 52g



1. Prep ingredients

Preheat oven to 425°F with a rack in the upper third. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets, if necessary. Halve **onion** and cut through the root into ½-inch thick wedges. Finely chop **1 teaspoon garlic**.

Finely grate **¼ teaspoon lemon zest**, then separately squeeze **2 teaspoons lemon juice** into a small bowl. Cut any remaining lemon into wedges.



4. Season chicken

While **veggies** roast, stir to combine **1 tablespoon oil** and **1 teaspoon harissa spice** in a small bowl.

Pat **chicken** dry, then rub all over with **harissa oil**. Season with **salt** and **pepper**.



2. Cook couscous

Heat **1 teaspoon oil** in a small saucepan over medium-high. Add **couscous** and cook, stirring, until golden-brown, 3-4 minutes. Add **chopped garlic**; cook, stirring, 30 seconds. Add **¾ cup water** and **½ teaspoon salt**. Cover and bring to a boil. Reduce heat to low; cook until couscous is al dente, 10-12 minutes. Stir in **lemon zest** and **1 tablespoon butter**. Cover to keep warm.



5. Roast chicken

Place **chicken** on the baking sheet with **broccoli and onions** (if veggies are browning too much, remove before placing back in oven). Roast on upper oven rack until chicken is cooked through and reaches an internal temperature of 165°F, 12-15 minutes (or longer if desired). Coarsely chop **almonds**, then toss with **vegetables** on baking sheet.



3. Roast vegetables

Toss **broccoli** and **onions** on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**.

Roast on upper oven rack until vegetables are just tender and browned in spots, about 15 minutes.



6. Finish & serve

Meanwhile, add **1 tablespoon oil** and a **pinch each of harissa spice and sugar** to bowl with **lemon juice**, stirring to combine; season to taste with **salt** and **pepper**. Spoon **lemon-harissa dressing** over **chicken and vegetables**. Serve with **couscous** and **any lemon wedges** on the side for squeezing over. Enjoy!