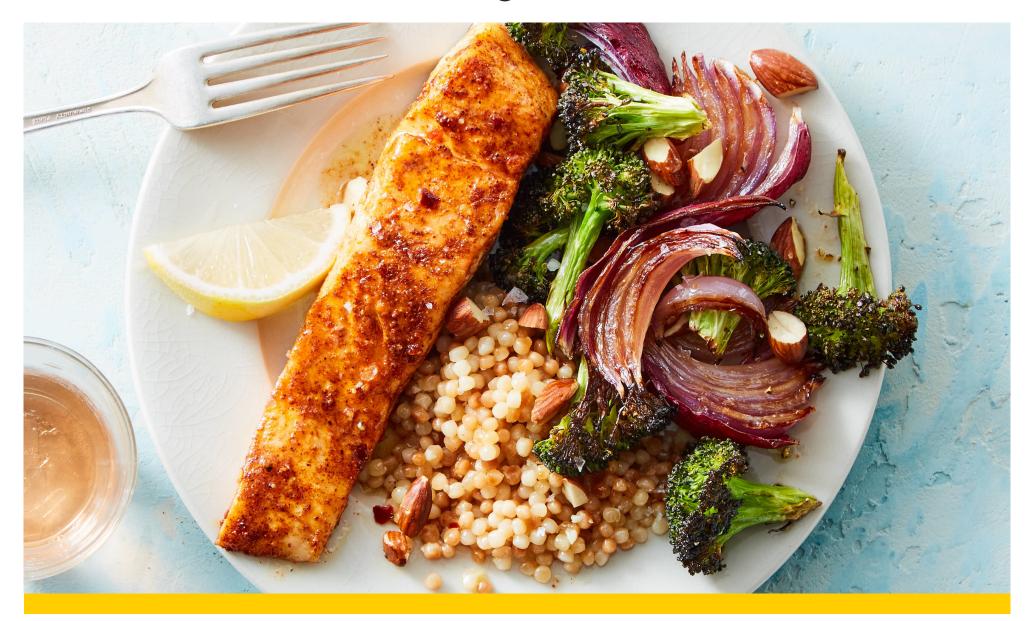
# MARLEY SPOON



# Harissa Chicken & Broccoli

with Almonds & Pearl Couscous





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 <sup>3</sup>
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz harissa spice blend
- 1 oz roasted almonds <sup>2</sup>

# 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.



### 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 **% 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.



# 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.



#### 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**.



## 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.



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!