

# DINNERLY



## Tomato-Braised Green Beans & Chicken with Couscous, Feta & Mint



1h



2 Servings

You can give us saucy braised green beans any day of the week. This simple, savory tomato sauce goes perfectly over fluffy couscous with chicken and crispy fried eggs on top. Add some creamy feta and fresh mint leaves for a vegetarian meal you won't forget. We've got you covered!

### WHAT WE SEND

- 1 yellow onion
- ½ lb green beans
- 14½ oz can whole peeled tomatoes
- 2 (3 oz) pearl couscous <sup>3</sup>
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz fresh mint
- 2 oz feta <sup>2</sup>

### WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- 2 large eggs <sup>1</sup>

### TOOLS

- medium skillet
- medium saucepan
- medium nonstick skillet

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 1030kcal, Fat 49g, Carbs 94g, Protein 59g



#### 1. Cook onions & garlic

Thinly slice **onion**. Finely chop **2 teaspoons garlic**.

In a medium skillet, heat **3 tablespoons oil** over medium. Add **onions** and **a pinch of salt**. Cook, stirring occasionally, until onions are translucent and softened, 5–7 minutes. Add **chopped garlic**; cook, stirring often, until fragrant, about 1 minute.



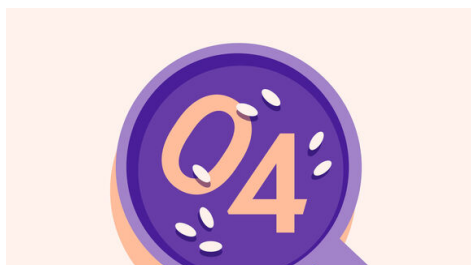
#### 2. Braise green beans

To same skillet, add **green beans**, **tomatoes**, **1 teaspoon salt**, and **a couple grinds of pepper**. Bring to a boil over high heat. Cover and simmer over medium-low heat, stirring occasionally and crushing tomatoes with a spoon, until green beans are very tender, 35–40 minutes.



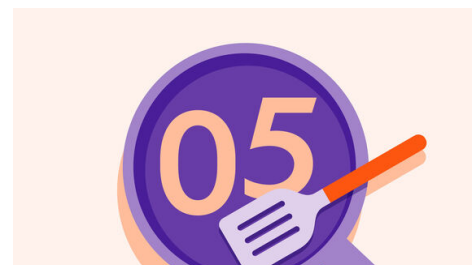
#### 3. Cook couscous

Meanwhile, heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **couscous**; cook, stirring, until golden brown, about 3 minutes. Add **1½ cups water** and **1 teaspoon salt**; cover and bring to a boil. Reduce heat to low; cook until liquid is absorbed and couscous is al dente, 10–12 minutes. Keep covered off heat until ready to serve.



#### 4. CHICKEN VARIATION

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes. Wipe out skillet.



#### 5. Fry eggs

Heat **2 tablespoons oil** in same skillet over high until shimmering. Crack in **2 large eggs**; season with **salt** and **pepper**. Cook until edges begin to brown, about 1 minute. Cover and cook until whites are set but yolks are still runny, 30–60 seconds.



#### 6. Finish & serve

Divide **couscous** and **green beans** between plates. Thinly slice **chicken**, if desired. Add to plates alongside green beans. Top with **eggs**.

Pick **mint leaves** from stems; discard stems. Tear mint leaves and crumble **feta** over **green beans**. Drizzle with **oil**, if desired.

Serve **tomato-braised green beans** with **chicken** and **eggs** warm or at room temperature. Enjoy!