



## 20-Minute Za'atar Chicken

with Herbed Couscous & Tahini



ca. 20min



2 Servings

In this 20-minute recipe, quick-cooking boneless chicken breasts are coated in Za'atar, a Middle Eastern spice blend, and pan-roasted to create a savory crust. The chicken is served with fluffy couscous and drizzled with a creamy tahini sauce over the top. And for a quick hit of veggies, a no-prep spinach and grape tomato salad.



## What we send

- 1 oz scallions
- ¼ oz fresh parsley
- garlic (use 1 large clove)
- 3 oz couscous <sup>1</sup>
- 1 oz tahini <sup>11</sup>
- 12 oz pkg boneless, skinless chicken breasts
- za'atar spice (use 2 tsp) <sup>11</sup>
- 3 oz baby spinach
- 1 container grape tomatoes

## What you need

- kosher salt & ground pepper
- olive oil
- apple cider vinegar (or white wine vinegar)

## Tools

- small saucepan
- medium skillet

## Allergens

Wheat (1), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 680kcal, Fat 35g, Carbs 46g, Protein 49g



### 1. Prep couscous aromatics

Trim **scallions**, then thinly slice. Coarsely chop **parsley leaves and tender stems**. Peel and finely chop **1 teaspoon garlic**.



### 2. Cook herb couscous

In a small saucepan, bring **½ cup water** and **a pinch of salt** to a boil. Stir in **couscous**, then cover and remove from heat. Let stand 5 minutes, then fluff with a fork. Add **scallions, parsley, and 1 teaspoon oil** to saucepan, stirring to combine. Season to taste with **salt and pepper**. Cover to keep warm until ready to serve.



### 3. Make tahini sauce

Meanwhile, combine **tahini, chopped garlic, 2 teaspoons vinegar**, and **1 tablespoon oil** in a small bowl (mixture will be very thick). Stir in **2 tablespoons water**, a little at a time, until sauce is creamy. Season to taste with **salt and pepper**.



### 4. Season chicken

Pat **chicken** dry, then pound to ½-inch thickness, if necessary. Season all over with **salt, pepper, and 2 teaspoons of the za'atar spice**, pressing gently to help seasoning adhere.



### 5. Brown chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** to skillet and cook until browned, 2-3 minutes per side. Transfer chicken to a plate.



### 6. Toss salad & serve

In a medium bowl, whisk to combine **1 teaspoon vinegar** and **1 tablespoon oil**, then season to taste with **salt and pepper**. Add **spinach and tomatoes**, tossing to coat. Serve **herbed couscous** topped with **za'atar chicken** with **spinach salad** alongside. Drizzle with **tahini sauce**. Enjoy!