



## Sumac Grilled Chicken

with Israeli Couscous Salad



20-30min



2 Servings

Sumac is a bright and citrusy spice used often in Middle Eastern cooking. In this recipe, it's used in a flavorful marinade for chicken breasts, which are scored so that there's even more surface area for the marinade to hold on to. If you don't have a grill or grill pan, preheat the oven to broil with top rack 6 inches from heat source. Broil chicken on a rimmed baking sheet until cooked through, about 4 minutes per side.



## What we send

- sumac (use 2 tsp)
- 12 oz pkg boneless, skinless chicken breasts
- 1 lemon
- 3 oz Israeli couscous <sup>1</sup>
- 1 oz salted almonds <sup>15</sup>
- ¼ oz fresh mint
- 3 oz arugula
- dried cranberries

## What you need

- kosher salt & pepper
- olive oil
- sugar

## Tools

- medium saucepan
- microplane or grater
- fine-mesh sieve
- grill or grill pan

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

### Allergens

Wheat (1), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 770kcal, Fat 42g, Carbs 53g, Proteins 48g



### 1. Marinate chicken

Bring a medium saucepan of **salted water** to a boil. In a large bowl, whisk **2 teaspoons sumac**, **1 tablespoon oil**, **½ teaspoon salt**, and **a few grinds of pepper**. Pat **chicken** dry, then pound to ½-inch thickness, if necessary; use a sharp knife to lightly score each chicken breast 4 or 5 times across the top. Add to bowl and turn to coat, rubbing marinade into chicken.



### 4. Grill chicken

Add **chicken** to grill or grill pan and cook until lightly charred and cooked through, 3-4 minutes per side. Remove from grill, cover loosely with foil, and set aside to rest for 5 minutes.

(See front of recipe card for alternate cooking instructions.)



### 2. Make dressing

Into a small bowl, finely grate **½ teaspoon lemon zest** and squeeze **1½ tablespoons lemon juice**. Whisk in **3 tablespoons oil** and **1 teaspoon sugar**; season to taste with **salt** and **pepper**.



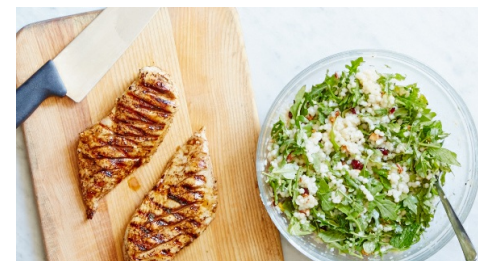
### 5. Prep almonds & mint

Meanwhile, coarsely chop **almonds**. Pick **mint leaves** from stems, discarding stems; tear any large leaves.



### 3. Cook couscous

Preheat a grill or grill pan to high. Add **couscous** to boiling water and cook until al dente, stirring occasionally, 6-7 minutes. Drain couscous in a fine-mesh sieve, shaking out excess water, and transfer to a large bowl. Add **half of the dressing** and toss to coat.



### 6. Finish & serve

To bowl with **couscous**, add **arugula**, **cranberries**, **almonds**, and **mint leaves**, tossing to combine; season to taste with **salt** and **pepper**. Slice **chicken**, if desired. Serve **salad** topped with **chicken and any resting juices**. Drizzle with **remaining dressing**. Enjoy!