

DINNERLY



FAST

Harissa Skillet Chicken with Carrots & Couscous



ca. 20min



2 Servings

We love a tasty Moroccan tagine, but not when dinner needs to be on the table in a hurry! So we deconstructed it to make a delicious meal that you don't need hours, a ton of ingredients, or any special equipment to make! Tender chicken breasts and sweet carrots are topped with a quick harissa-spiced sauce. The couscous is made with chicken broth and a smidge of butter for a rich tagine-like fla...

WHAT WE SEND

- garlic
- chicken broth concentrate
- boneless, skinless chicken breasts
- carrots
- harissa spice bend

WHAT YOU NEED

- all-purpose flour¹
- butter²
- kosher salt & ground pepper
- olive oil
- sugar

TOOLS

- medium skillet
- small saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 680kcal, Fat 25g, Carbs 77g, Protein 35g



1. Prep ingredients

Trim ends from **carrots**, then peel and thinly slice. Peel and finely chop **1 teaspoon garlic**. Pat **chicken** dry, then cut into 1-inch pieces. In a medium bowl, toss chicken with **1 teaspoon flour**. Season with **salt** and **pepper**. In a large liquid measuring cup, whisk together **chicken broth concentrate**, **1 tablespoon flour**, and **1¼ cups water**.



2. Cook couscous

In a small saucepan, bring **1 cup water** to a boil. Add **couscous**, **½ teaspoon oil**, **¼ teaspoon salt**, and **a few grinds pepper**. Cover and let stand off heat for 5 minutes. Cover to keep warm.



3. Brown chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until browned in spots, 4–5 minutes. Transfer chicken to a plate. Return skillet to stovetop.



4. Build sauce

Add **1 tablespoon oil** and **carrots** to same skillet over medium-high. Cook until carrots are just tender, about 2 minutes, reducing heat to medium if browning too quickly. Add **garlic**, **1½–2 teaspoons harissa spice** (depending on heat preference), and **¼ teaspoon sugar**. Cook until fragrant, about 30 seconds.



5. Finish & serve

Add **chicken broth mixture** to skillet, whisking constantly. Cook, stirring, until **carrots** are tender and the liquid is slightly thickened and reduced to ¾ cup, 3–4 minutes. Add **chicken and any resting juices**; cook, stirring, until warm, 1 minute. Remove from heat. Stir in **½ tablespoon butter**. Serve **chicken and carrots** over **couscous**.



6. Take it to the next level

Serve the chicken and carrots topped with finely chopped green olives, preserved lemon, and/or fresh parsley for an added layer of flavor.