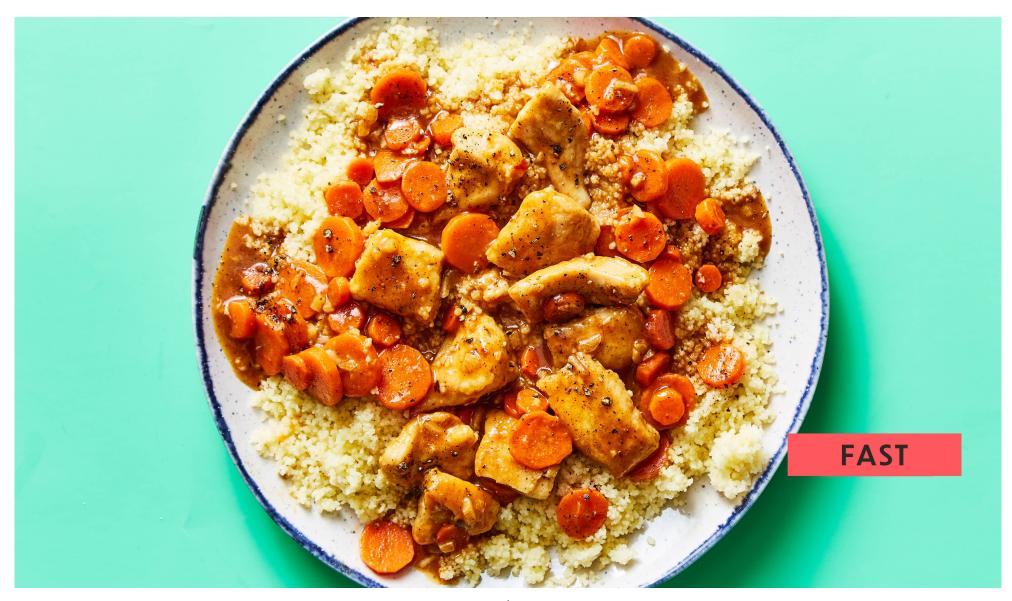
DINNERLY



Harissa Skillet Chicken

with Carrots & Couscous





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 flour 1
- butter 2
- 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 1½ 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.