

DINNERLY



Harissa Spiced CHICKEN

with Couscous Pilaf & Roasted Carrots



20-30min



2 Servings

We love a tasty tagine, but not when dinner needs to be on the table in a hurry! So we deconstructed the Moroccan stew to make a delicious meal that you don't need hours, a ton of ingredients, or any special equipment to make! Tender chicken is seasoned with harissa spice. Dried apricots are folded into the couscous for the perfect sweet and savory side. We've got you covered!

WHAT WE SEND

- ½ lb pkg boneless, skinless chicken breasts
- harissa spice blend (use 1 tsp)
- 3 oz couscous¹
- 8 oz carrots
- 1 oz dried apricots¹²
- 1 medium red onion
- garlic (use 1 large clove)

WHAT YOU NEED

- olive oil
- apple cider vinegar (or white wine vinegar)
- butter⁷
- kosher salt & ground pepper

TOOLS

- large ovenproof skillet
- small saucepan

ALLERGENS

Wheat (1), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 26g, Carbs 65g, Protein 35g



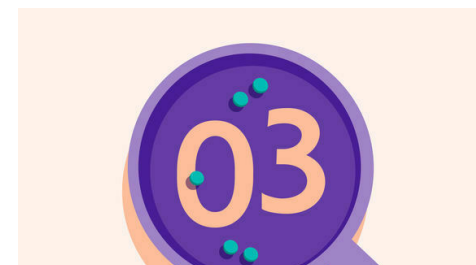
1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third. Halve **onion**, then cut into ¼-inch thick wedges through root end; finely chop ¼ cup **onions**. Pat **chicken** dry; season with 1 **teaspoon harissa spice** and a **generous pinch each of salt and pepper**. Finely chop 1 **teaspoon garlic**. Scrub and trim **carrots**; cut into ¼-inch pieces on an angle. Chop **apricots**, if necessary.



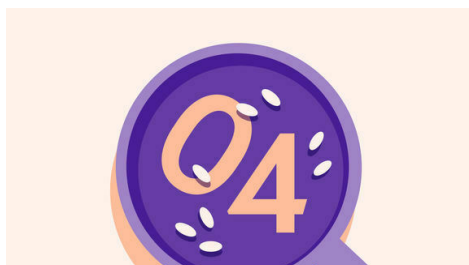
2. Roast onions & carrots

Transfer **sliced onions and carrots** to a large ovenproof skillet; toss with 2 **teaspoons oil** and season with **salt** and **pepper**. Roast on lower oven rack until just tender and browned in spots, 10–12 minutes.



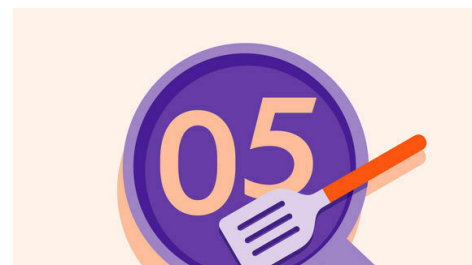
3. Cook chicken

Carefully transfer skillet to stovetop; set over medium-high heat. Push **veggies** to one side, then add 1 **teaspoon oil**. Add **chicken** to empty half of the skillet. Cook until browned on one side, 2–3 minutes. Flip chicken and stir 2 **tablespoons of water** into veggies. Roast on lower oven rack until chicken is cooked, about 6 minutes.



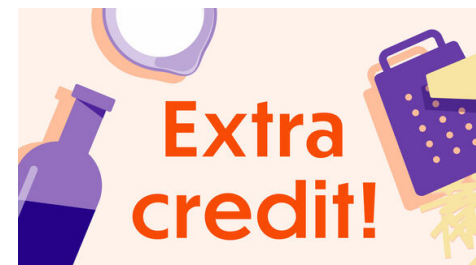
4. Season vegetables

Transfer **chicken** to plate, then let rest for 5 minutes. Set skillet with veggies over medium heat; toss veggies with 3 **tablespoons water**, 1½ **tablespoons butter**, and ½ **teaspoon vinegar**, stirring until butter melts, about 1 minute. Season to taste with **salt** and **pepper**.



5. Cook couscous

Add **chopped onions and garlic** to saucepan; cook, stirring, until softened, 2–3 minutes. Add **apricots**, ½ cup **water**, and ¼ **teaspoon salt**. Cover and bring to a boil, then stir in **couscous**. Cover and let stand for 5 minutes off heat. Fluff **couscous** with a fork. Serve **chicken** with **veggies** and **couscous pilaf** alongside. Spoon **pan sauce** over top. Enjoy!



6. Mix it up!

Instead of mixing the apricots into your couscous, make a chutney! Finely chop apricots into ⅛-inch pieces, then transfer to a small saucepan. Add 2½ **tablespoons vinegar**, ¼ cup **water**, and 1 **tablespoon sugar**, and bring to a boil. Reduce heat to medium and cook until liquid is reduced to a syrup, 3–4 minutes. Season to taste with salt. Spoon over your pork and veggies.