



## Pan-Roasted CHICKEN with Persian Spices,

Couscous & Green Beans



30-40min



2 Servings

Juicy chicken breast are coated in a powerhouse combination of spices and aromatics inspired by Persian flavors, including fennel seed, coriander, orange zest, and sumac. The couscous and chicken are coated in a vibrant dressing of fresh parsley and orange juice because no Persian meal is complete without a punch of fresh flavor.



## What we send

- ½ lb green beans
- garlic
- 1 orange
- 12 oz pkg boneless, skinless chicken breasts
- fennel seeds
- coriander seeds
- sumac (use 1 tsp)
- 3 oz couscous <sup>1</sup>
- ½ oz fresh parsley

## What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar) <sup>17</sup>

## Tools

- microplane or grater
- small saucepan
- rimmed baking sheet
- medium skillet

**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), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 790kcal, Fat 48g, Carbs 46g, Proteins 47g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Trim ends from **green beans**. Peel and thinly slice **1 garlic clove**, then finely chop **¾ teaspoon garlic**. Finely grate **1½ teaspoons orange zest**. Separately squeeze **1½ tablespoons orange juice** into a medium bowl. Pat **chicken** dry, then pound to an even ½-inch thickness, if desired.



### 4. Roast green beans

On a rimmed baking sheet, toss **green beans**, **sliced garlic**, and **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until green beans are tender and browned in spots, 8-10 minutes.



### 2. Season chicken

Using a meat mallet (or heavy skillet), coarsely crush **fennel seeds**, then separately crush **coriander seeds**. In a small bowl, stir to combine **orange zest**, **1 teaspoon sumac**, **½ teaspoon each of the crushed fennel and salt**, **¾ teaspoon crushed coriander**, and **a few grinds of pepper**. Rub spice blend all over **chicken**; set aside until step 5.



### 5. Cook chicken

Pick **parsley leaves** from stems; discard stems and finely chop leaves. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until browned on the bottom, 3-4 minutes. Flip chicken, add **2 tablespoons water**, and cook until chicken is cooked through, 3-4 minutes more.



### 3. Cook couscous

In a small saucepan, combine **½ cup water** and **¼ teaspoon salt**. Cover and bring to a boil over high heat. Stir in **couscous**, then remove from heat. Cover and let stand until ready to serve.



### 6. Finish & serve

To bowl with **orange juice**, whisk in **chopped garlic**, **¼ cup oil**, and **½ teaspoon vinegar**. Season to taste with **salt** and **pepper**, then stir in **chopped parsley**. Fluff **couscous** with a fork, then stir in **half of the dressing**. Serve **chicken** with **couscous** and **green beans** alongside. Pass **remaining dressing** at the table to drizzle over, as desired. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [marleyspoon.com](https://marleyspoon.com) **#marthaandmarleyspoon**