



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. Resting the chicken before slicing will keep the juices locked in, and fluffy couscous is dressed while warm, so the flavors of the vinaigrette are quickly absorbed.

What we send

- sumac
- lemon
- fresh mint
- baby arugula
- boneless, skinless chicken breasts
- dried cranberries

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- fine-mesh sieve
- medium saucepan

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730.0kcal, Fat 39.0g, Proteins 44.0g, Carbs 53.0g



1. Marinate chicken

Bring a medium saucepan of **salted water** to a boil. In a large bowl, whisk together **2 teaspoons of the sumac**, **½ teaspoon salt**, **a few grinds pepper**, and **1 tablespoon oil**. Pat **chicken** dry and, using a sharp knife, lightly score each chicken breast 4 or 5 times across the top. Add to bowl and mix to coat, rubbing marinade into chicken.



2. Make dressing

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



3. Cook couscous

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



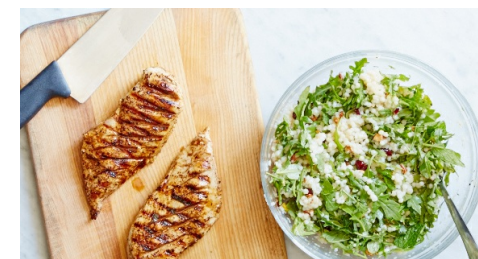
4. Cook chicken

Preheat a grill or grill pan to high. Place **chicken** on grill or grill pan and cook until cooked through, 3-4 minutes per side. Remove from grill, cover loosely with foil, and set aside to rest for 5 minutes.



5. Prep almonds & mint

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



6. Finish & serve

To bowl with **couscous**, add **arugula**, **cranberries**, **almonds**, and **mint leaves**. Season to taste with **salt** and **pepper** and toss well to combine. Slice **chicken**, if desired. Serve **salad** and top with **chicken** and **any resting juices**. Serve drizzled with **remaining dressing**. Enjoy!