

DINNERLY



Za'atar-Rubbed CHICKEN

with Israeli Couscous, Feta & Spinach



20-30min



2 Servings

Buckle your seatbelts because we're taking weeknight dinner on an intense flavor rollercoaster. In this dish, we take the zesty power of za'atar spice and rub it all over a juicy chicken breast, then pan-sear it to perfection. Pair this with the nutty notes of Israeli couscous mixed with creamy feta, slightly wilted spinach, and a light dressing over top. We've got you covered!

WHAT WE SEND

- garlic
- ¼ oz za'atar spice blend ²
- 3 oz Israeli couscous ¹
- 3 oz baby spinach
- 1 piece feta cheese ³
- 10 oz boneless, skinless chicken breast

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- ¼ c. all-purpose flour ¹
- red wine vinegar (or apple cider vinegar)

TOOLS

- small pot
- medium heavy skillet (preferably cast-iron)

ALLERGENS

Wheat (1), Sesame (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

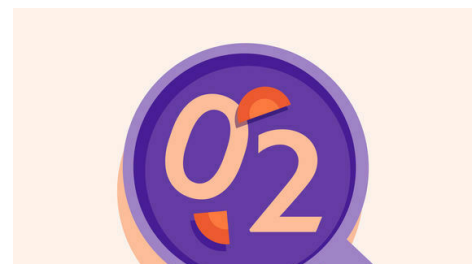
NUTRITION PER SERVING

Calories 600kcal, Fat 32g, Carbs 44g, Protein 34g



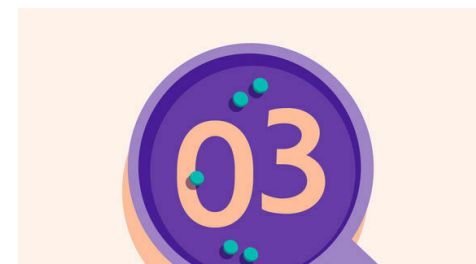
1. Prep ingredients

Finely chop 1½ **teaspoons garlic**. Pat **chicken** dry, then pound to ½-inch even thickness, if necessary. Rub all over with **oil**, then season all over with **salt, pepper**, and **all of the za'atar spice blend**, pressing to help seasoning adhere. Spread ¼ **cup flour** onto a plate, then dredge both sides of chicken, tapping to remove any excess flour.



2. Cook couscous

Meanwhile, heat 1 **teaspoon oil** in a small pot over medium-high. Add **couscous**; cook, stirring, until golden-brown, 3 minutes. Add 1 **teaspoon chopped garlic**; cook, stirring, until fragrant, 30 seconds. Add ¾ **cup water** and ½ **teaspoon salt**; cover and bring to a boil. Reduce heat to low; cook until liquid is absorbed and couscous is al dente, 10–12 minutes. Keep covered off heat.



3. Cook chicken

Meanwhile, heat 1 **tablespoons oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add **chicken** and cook until golden-brown and cooked through, about 3 minutes per side. Transfer to a cutting board to rest.



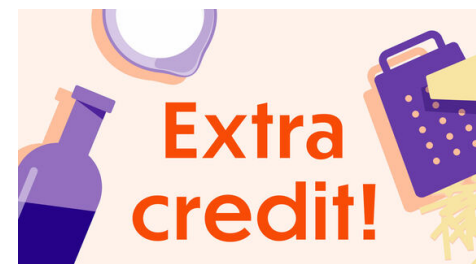
4. Make vinaigrette

In a small bowl, whisk to combine **remaining chopped garlic**, 2 **tablespoons oil**, and 1 **tablespoon vinegar**. Season to taste with **salt** and **pepper**.



5. Finish & serve

Add **spinach** to pot with **couscous**, then crumble **all but ⅓ of the feta** over top; stir to slightly wilt spinach. Season to taste with **salt** and **pepper**. Serve **za'atar-rubbed chicken** over **couscous**. Crumble **remaining feta** over, then spoon **vinaigrette** over top. Enjoy!



6. Take it to the next level

Amp up the flavor even more by adding thinly sliced cucumbers, chopped dill, a splash of lemon juice, or even chopped sun-dried tomatoes to your Israeli couscous!