



**GREEN
CHEF**

CHICKEN WITH HARISSA APRICOT SAUCE

toasted pearl couscous with dried apricots, sautéed broccoli

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

820

Harissa—a lively North African blend of chili peppers, cumin, coriander, and caraway—imparts bold flavors to our custom apricot sauce. In tonight's dish, tender pan-seared chicken cutlets are finished in the spicy sauce, then served over a bed of toasted pearl couscous studded with dried apricots. A side of sautéed broccoli adds a fresh note to each serving.

INGREDIENTS (7 ITEMS)

6 oz **Broccoli**
1 whole **Lemon**
½ cup **Toasted pearl couscous** W
2 (5 oz) **Chicken cutlets***
1¾ tsp **Smoky applewood spice blend**
2½ oz **Harissa-spiced apricot sauce**
1 oz **Dried apricots**

WHAT YOU'LL NEED

small pot
medium & large sauté pans
mixing bowls
measuring cup & spoons
microplane
thermometer
cooking & olive oils
salt & pepper

ALLERGENS

W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Chicken is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Cut **broccoli** into bite-size pieces if necessary.
- Zest half the **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 START COUSCOUS

- Bring 1¼ cups water and about ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous**. Reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed.
- Remove from heat. Drizzle with about 1 tablespoon olive oil. Stir to coat. (You'll finish the couscous in Step 5.)

3 SEASON & COOK CHICKEN

- Cut **chicken cutlets** into strips, about ½ inch wide.
- Place **chicken** in a medium bowl. Season with **smoky applewood spice blend**. Drizzle with about 1 tablespoon cooking oil. Stir to coat.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 3-4 minutes, or until browned, stirring occasionally.
- Add **harissa-spiced apricot sauce** and about ¼ cup water. Stir to coat. Cook 4-5 minutes, or until chicken is fully cooked and sauce has thickened, stirring occasionally.

4 SAUTÉ BROCCOLI

- Heat about 1½ tablespoons olive oil in a medium sauté pan over medium heat. Add **broccoli** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 5-6 minutes, or until tender, stirring occasionally.

5 FINISH COUSCOUS

- Add **dried apricots** and **lemon zest** to pot with **couscous**. Squeeze juice from 1-2 **lemon wedges** over pot, removing any seeds. Drizzle with about 1 tablespoon olive oil. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **toasted pearl couscous with dried apricots** between plates. Top with **chicken**. Spoon any remaining **harissa apricot sauce** from pan over top. Serve with **sautéed broccoli** and remaining **lemon wedges** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (391g)

Amount per serving

Calories 820

	% Daily Value*
Total Fat 45g	58%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1020mg	44%
Total Carbohydrate 61g	22%
Dietary Fiber 5g	18%
Total Sugars 26g	
Includes 16g Added Sugars	32%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 3mg	15%
Potassium 993mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Dried Apricots [apricot, rice flour, sulfur dioxide (added for color retention)], **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Broccoli, Smoky Applewood Spice Blend** (Sweet Paprika, Applewood-Smoked Sea Salt, Granulated Garlic, Dried Mustard, Smoked Paprika, Black Pepper, Dried Thyme), **Lemon, Chicken Cutlets** [chicken], **Harissa-Apricot Sauce** (Apricot Jam [organic apricots, organic cane sugar, pectin solution (water, apple pectin), ascorbic acid (vitamin c), citric acid], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Red Wine Vinegar [aged red wine vinegar], Harissa Seasoning [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel])

Allergen information:

Contains Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.