# Moroccan-Style Chicken & Couscous

with Romesco, Dates & Yogurt

## 2 < OR > 4 SERVINGS





10 | 20 oz Boneless Chicken Breast Pieces





10 | 20 oz Shrimp<sup>1</sup>



1/2 | 1 cup Pearl Couscous



12 oz Carrots



4 Scallions



2 oz Dried Medjool Dates



6 | 1 cup Plain Nonfat



1/2 | 1 cup Plain Nonfat Greek Yogurt



1½ 3 Tbsp Red Harissa Paste

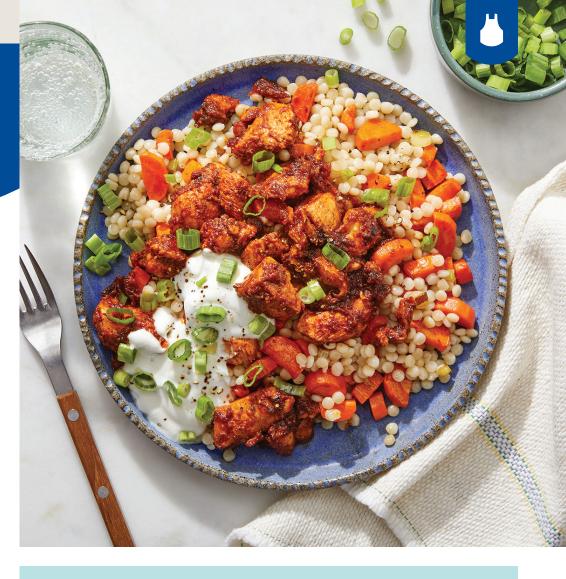


6 Tbsp Romesco Sauce<sup>2</sup>



2 | 4 tsp Honey

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# Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

# **Getting Started**

#### **COOKING TOOLS**

Medium Nonstick Pan (Large for 4) Medium Pot (Large for 4) Knife Cutting Board

#### FROM YOUR PANTRY

Olive Oil Salt Pepper

# **Chef's Note**

## FEATURED INGREDIENT

A staple in Middle Eastern and North African cuisines, harissa is a smoky, lightly spicy chile paste that lends a moderate heat to any dish.

peeled & deveined 2. contains almonds
 Ingredients may be replaced and quantities may vary.

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# **5** Look for customized instructions before the next step!

## 1. Prepare the ingredients & marinate the chicken

- ☐ Fill a medium pot (or large for 4 servings) 3⁄4 of the way up with salted water; cover and heat to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel the **carrots**; halve lengthwise, then thinly slice crosswise.



- ☐ Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- ☐ Pit and roughly chop the **dates**; place in a medium bowl. Cover with ½ cup of warm water. Set aside to rehydrate at least 10 minutes.
- ☐ Pat the **chicken** dry with paper towels.
- ☐ In a large bowl, whisk together the honey, harissa paste, and a drizzle of olive oil. Add the prepared chicken; season with salt and pepper. Stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes.

#### 2. Cook the couscous

- ☐ Add the **couscous** to the pot of boiling water. Cook, stirring occasionally, 5 to 7 minutes, or until tender. Turn off the heat.
- ☐ Drain thoroughly and return to the pot.



## 3. Cook the carrots & finish the couscous

- ☐ Meanwhile, in a medium nonstick pan (or large for 4 servings), heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the sliced carrots and sliced white bottoms of the scallions; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until lightly browned and slightly softened.



#### Step 3 continued:

- ☐ Turn off the heat.
- ☐ Transfer to the pot of **cooked couscous**. Add a drizzle of **olive oil**; stir to combine. Cover to keep warm.
- ☐ Wipe out the pan.
- ⇆

## Look for customized instructions before the next step!

#### 4. Cook the chicken

- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the marinated chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.



☐ Turn off the heat. Carefully add the **rehydrated dates** (draining before adding) and **romesco sauce**; stir to combine. Taste, then season with salt and pepper if desired.

### 5. Season the yogurt & serve your dish

- ☐ Meanwhile, in a bowl, combine the yogurt and 1 tablespoon of water; season with salt and pepper.
- ☐ Serve the finished couscous topped with the cooked chicken (including any sauce from the pan) and seasoned yogurt. Garnish with the sliced green tops of the scallions. Enjoy!



# **≒** Customized Steps

#### SHRIMP

#### STEP 1:

☐ Follow the directions in Step 1, using the **shrimp**.

#### STEP

- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the marinated shrimp. Cook, stirring occasionally, 3 to 5 minutes, or until opaque and cooked through.
- ☐ Turn off the heat. Carefully add the **rehydrated dates** (draining before adding) and **romesco sauce**; stir to combine. Taste, then season with salt and pepper if desired.