

# Moroccan-Style Chicken & Couscous

with Romesco, Dates & Yogurt

2 < OR > 4 SERVINGS

## CUSTOMIZED OPTIONS:

10 | 20 oz Boneless Chicken Breast Pieces

or

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

1/2 | 1 cup Pearl Couscous

6 | 12 oz Carrots

2 | 4 Scallions

1 | 2 oz Dried Medjool Dates

1/2 | 1 cup Plain Nonfat Greek Yogurt

1 1/2 | 3 Tbsp Red Harissa Paste

3 | 6 Tbsp Romesco Sauce<sup>2</sup>

2 | 4 tsp Honey



## 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.

## NEW! Splendid Spoon Smoothies

Nutritious, delicious, and ready to drink. Find these antioxidant-rich, plant-based smoothies with Add-ons each week!



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

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. | Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Share your photos with #blueapron  
Blue Apron, LLC,  
New York, NY 10006





## Look for customized instructions before the next step!

### 1. Prepare the ingredients & marinate the chicken

- ☐ Fill a medium pot (or large for 4 servings)  $\frac{3}{4}$  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  $\frac{1}{2}$  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 4:

- ☐ 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.