



Harissa-Honey Glazed Chicken Thighs

with Almond Couscous and Garlic Sauce

30 Minutes

Spicy

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Chicken Breasts
2 | 4

Swap



Tofu
1 | 2



Chicken Thighs*
280 g | 560 g



Couscous
1/2 cup | 1 cup



Baby Tomatoes
113 g | 227 g



Baby Spinach
56 g | 113 g



Lemon
1 | 1



Garlic, cloves
1 | 2



Almonds, sliced
28 g | 28 g



Mayonnaise
2 tbsp | 4 tbsp



Honey
1 | 2



Harissa Spice Blend
1 tbsp | 2 tbsp



Chicken Broth Concentrate
1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, pepper, sugar, unsalted butter, salt

Cooking utensils | Baking sheet, measuring cups, measuring spoons, medium bowl, medium oven-proof pan, medium pot, paper towels, small bowl, zester

1



Toast almonds

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- **Garlic Guide for Step 5:**
 - Mild: ¼ tsp (½ tsp)
 - Medium: ½ tsp (1 tsp)
 - Extra: 1 tsp (2 tsp)

- Add **almonds** to an unlined baking sheet.
- Toast in the **middle** of the oven, stirring halfway through, until golden-brown, 2-3 min. (**TIP:** Keep an eye on them so they don't burn!)
- Transfer **toasted almonds** to a plate.
- Turn oven broiler to high.

2



Prep

- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Roughly chop **spinach**.
- Peel, then mince or grate **garlic**.
- Stir together **honey** and **Harissa Spice Blend** in a small bowl.

3



Cook couscous

- Add **lemon zest**, **broth concentrate**, ⅔ **cup** (1 ⅓ cups) **water**, **1 tbsp** (2 tbsp) **butter** and ⅛ **tsp** (¼ tsp) **salt** to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, add **spinach**, then stir until wilted.
- Remove from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.

4



Sear chicken

[Swap](#) | [Chicken Breasts](#)

[Swap](#) | [Tofu](#)

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Heat a medium oven-proof pan (large oven-proof pan for 4 ppl) over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear until golden-brown, 2-3 min per side.
- Remove from heat, then spoon **harissa-honey mixture** over **chicken**. (**NOTE:** Chicken will finish cooking in step 5.)

5



Broil chicken and make garlic sauce

- Arrange **tomatoes** around **chicken** in the pan. (**NOTE:** If you don't have an oven-proof pan, carefully transfer chicken and tomatoes to an 8x8-inch baking dish [9x13-inch for 4 ppl].)
- Drizzle **1 tsp** (2 tsp) **oil** over **tomatoes**, then season with **salt** and **pepper**.
- Broil in the **middle** of the oven until **tomatoes** burst and **chicken** is cooked through, 8-9 min.**
- Meanwhile, add **mayo**, **garlic**, **2 tsp** (4 tsp) **lemon juice** and ⅛ **tsp** (¼ tsp) **sugar** to a medium bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Fluff **couscous** with a fork, then stir in **toasted almonds**.
- Thinly slice **chicken**.
- Divide **couscous** between bowls. Top with **chicken**, **tomatoes** and **any remaining sauce** in the pan.
- Drizzle with **garlic sauce**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Sear chicken

[Swap](#) | [Chicken Breasts](#)

If you've opted to get **chicken breasts**, sear in the same way the recipe instructs you to sear **chicken thighs**, then increase the broil time to 12-14 min.**

4 | Sear tofu

[Swap](#) | [Tofu](#)

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square **tofu** steaks per block.) Using a fork, poke **tofu** all over. Season and cook **tofu** the same way the recipe instructs you to season and cook **chicken**, decreasing broiling time to 6-8 min, until golden.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.