

Harissa and Honey-Glazed Chicken Thighs

with Almond Couscous and Garlic Sauce

Discovery

30 Minutes



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Chicken Thighs



Baby Tomatoes









Baby Spinach





Garlic, cloves





Harissa Spice Blend



Almonds, sliced



Chicken Broth Concentrate



Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

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

Garlic Guide for Step 5:

- Mild: 1/4 tsp (1/2 tsp)
- Medium: 1/2 tsp (1 tsp)
- Extra: 1 tsp (2 tsp)

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Thighs •	280 g	560 g
Chicken Breasts	2	4
Couscous	½ 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 tbsp	2 tbsp
Harissa Spice Blend 🤳	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	⅓ tsp	1/4 tsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



Toast almonds

- 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 **almonds** to a plate.
- Turn oven broiler to high.



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.



Cook couscous

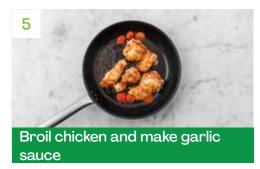
- Add lemon zest, broth concentrate, % cup (1 1/3 cups) water,
- 1 tbsp (2 tbsp) butter and 1/4 tsp (1/4 tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **spinach**, then stir until wilted.
- Remove from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.



Sear chicken

- Meanwhile, pat chicken dry with paper towels. Season with salt and pepper.
- Heat a medium oven-proof pan (large ovenproof pan for 4 ppl) over medium-high heat.
- When 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.)

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **chicken thighs**.



- 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
 tsp (½ tsp) sugar to a medium bowl.
 (NOTE: Reference garlic guide.) Season with salt and pepper, to taste, then stir to combine.



- 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.

Dinner Solved!