

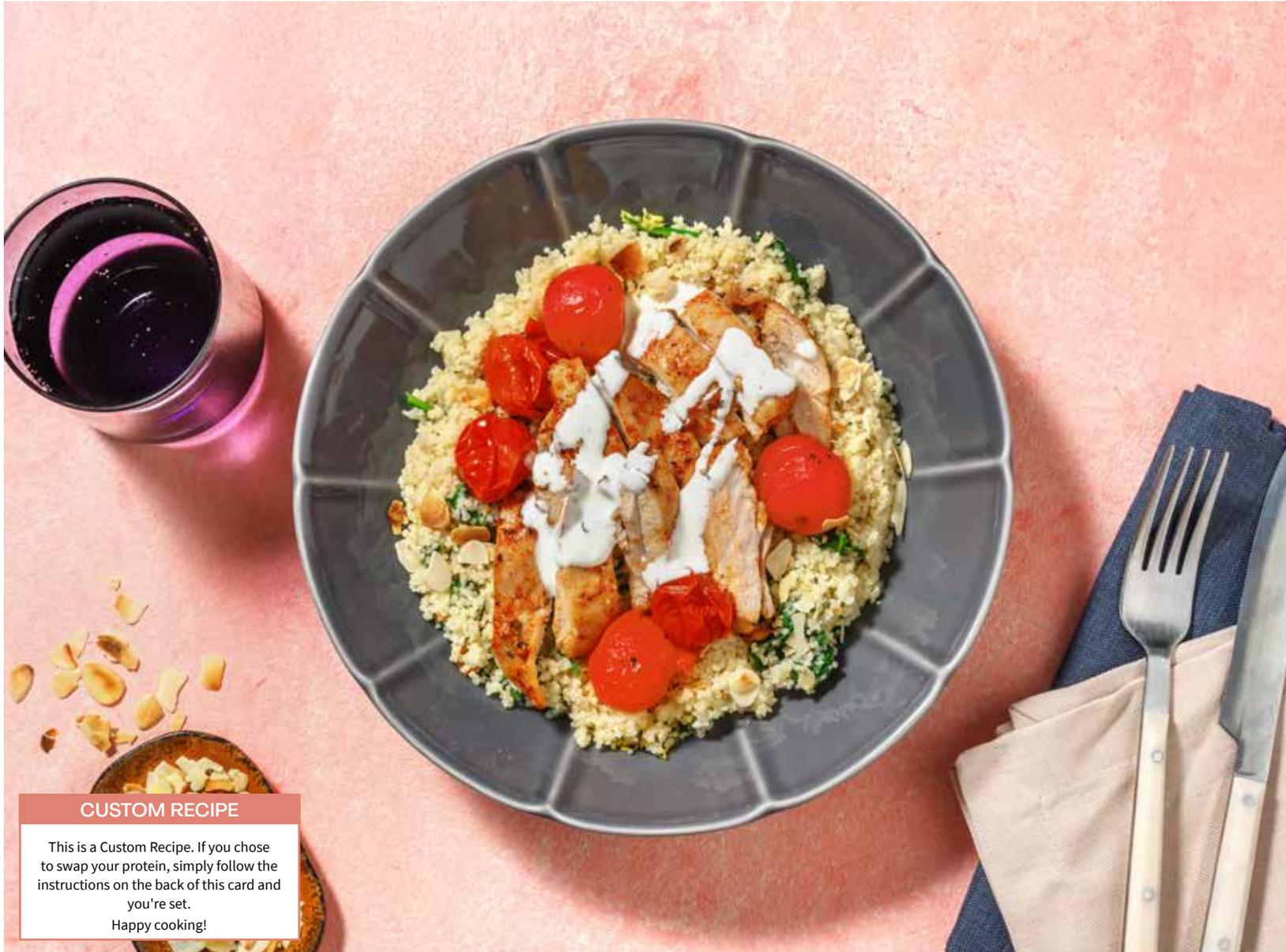


Harissa and Honey-Glazed Chicken Thighs with Almond Couscous and Garlic Sauce

Discovery 30 Minutes



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Chicken Thighs



Chicken Breasts



Couscous



Baby Tomatoes



Baby Spinach



Lemon



Garlic, cloves



Almonds, sliced



Mayonnaise



Honey



Harissa Spice Blend



Chicken Broth Concentrate

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

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: ¼ tsp (½ tsp)
- Medium: ½ 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*	½ tsp	¼ 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.

1



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 almonds so they don't burn!)
- Transfer **almonds** to a plate.
- Turn oven broiler to high.

4



Sear chicken

- 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.)

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

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.

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 **½ tsp** (¼ tsp) **sugar** to a medium bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, to taste, then stir to combine.

3



Cook couscous

- Add **lemon zest**, **broth concentrate**, **⅓ 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 for 5 min.

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.

Dinner Solved!