



Harissa and Honey-Glazed Chicken Thighs

with Almond Couscous and Garlic Sauce

Discovery

30 Minutes



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!

- Chicken Thighs
- Chicken Breasts
- Couscous
- Baby Tomatoes
- Baby Spinach
- Lemon
- Garlic, cloves
- Almonds, sliced
- Mayonnaise
- Honey
- Harissa Spice Blend
- Chicken Broth Concentrate

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.

Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 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.

Contact

Call us | (855) 272-7002

HelloFresh.ca

    @HelloFreshCA



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 the oven broiler to high.



Sear chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt and pepper**.
- Heat a medium oven-proof pan (large pan for 4 ppl) over medium-high heat.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side.
- Remove the pan 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 cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



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.



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 oil** (dbl for 4 ppl) 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 lemon juice** and **¼ tsp sugar** (dbl both for 4 ppl) to a medium bowl. (**NOTE:** Reference garlic guide.) Season with **salt and pepper**, to taste, then stir to combine.



Cook couscous

- Add **lemon zest, broth concentrate, ⅔ cup water, 1 tbsp butter** and **½ tsp salt** (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **spinach**, then stir until wilted.
- Remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.



Finish and serve

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

Dinner Solved!