




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

30 Minutes

 	 
Chicken Breasts 2 4	Tofu 1 2

Customized Protein  Add  Swap or  Double

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Chicken Thighs 280 g 560 g	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 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 | Unsalted butter, sugar, oil, salt, pepper

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

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

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

- 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**, to taste, 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

4 | Sear chicken breasts

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

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

4 | Prep tofu

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

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE:** You will have 2 square tofu "steaks" per block.) Season with **salt** and **pepper**. Add **tofu** to a medium oven-proof pan (large oven-proof pan for 4 ppl). Spoon **harissa-honey mixture** over top.

5 | Broil tofu

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

Cook and plate **tofu** the same way the recipe instructs you to cook and plate the **chicken thighs**, until **tofu** is golden, 8-9 min.

* 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.



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