



Harissa and Honey-Glazed Chicken Thighs

with Almond Couscous and Garlic Sauce

30 Minutes

Customized Protein **+** Add **↻** Swap or ***2** 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](http://www.hellofresh.ca)



↻ Swap	↻ Swap
Chicken Breast ⁺	Tofu
2 4	1 2
Chicken Thighs ⁺	Couscous
280 g 560 g	½ cup 1 cup
Baby Tomatoes	Baby Spinach
113 g 227 g	56 g 113 g
Lemon	Garlic, cloves
1 1	1 2
Almonds, sliced	Mayonnaise
28 g 28 g	2 tbsp 4 tbsp
Honey	Harissa Spice Blend
1 2	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.

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, ⅓ cup** (1 ⅓ cups) water, **1 tbsp** (2 tbsp) **butter** and **½ 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 Breast

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 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 **½ 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

Swap | Tofu

- 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.

4 | Sear chicken breasts

Swap | Chicken Breast

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

4 | Cook 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.) Season with **salt** and **pepper**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Sear until golden-brown, 2-3 min per side. Remove from heat. Transfer **tofu** to a plate, then spoon **harissa-honey mixture** over top. Cover to keep warm. No need to broil **tofu** after pan-frying.

5 | Broil tomatoes and make sauce

Swap | Tofu

Arrange **tomatoes** in the same pan. (**NOTE:** If you don't have an oven-proof pan, add 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 5-6 min.

6 | Finish and serve

Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate the **chicken thighs**.

* 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.

