

HELLO Harissa and Honey-Glazed Chicken Thighs

with Almond Couscous and Garlic Sauce

30 Minutes





Customized Protein Add

(Swap

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 降

Breast (



Chicken Thighs • 280 g | 560 g



1/2 cup | 1 cup



Baby Tomatoes



113 g | 227 g





1 | 1





Almonds, sliced



28 g | 28 g





Honey



Harissa Spice Blend 1 tbsp | 2 tbsp



Chicken Broth Concentrate 1 2



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



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.



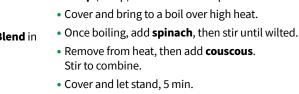
Prep

- 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, 3/3 cup (1 1/3 cups) water, 1 tbsp (2 tbsp) butter and 1/8 tsp (1/4 tsp) salt to a medium pot.





Sear chicken

O Swap | Chicken Breast

🗘 Swap | Tofu

- 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 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.)



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 **1/4** tsp (1/4 tsp) sugar to a medium bowl. (NOTE: Reference garlic guide.) Season with salt and **pepper**, then stir to combine.



Finish and serve

O 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.

Measurements 1 tbsp within steps

(2 tbsp)

oil

4 | Sear chicken breasts

O 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

O 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 [9x13inch 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

O Swap | Tofu

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



Issue with your meal? Scan the QR code to share your feedback.

- * 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.