



# HARISSA CHICKEN WITH FETA

with Apricot Couscous

SPICY

PRONTO



## HELLO

### HARISSA PASTE

This fragrant, spicy chili pepper paste is commonly used in Tunisian and Moroccan cuisine

TIME: 30 MIN



Chicken Breasts



Harissa Paste



Couscous



Dried Apricots



Feta Cheese



Cilantro



Shallot



Greek Yogurt



Lime



Cucumber



Turkish Spice Blend

## BUST OUT

- Medium Bowl
- Large Bowl
- Baking Sheet
- Zester
- Measuring Cups
- Garlic Press
- Small Bowl
- Large Non-Stick Pan
- Box Grater
- Kettle
- Measuring Spoons
- Salt and Pepper
- Paper Towels
- Olive or Canola Oil
- Sugar (1 tsp | 2 tsp)

## INGREDIENTS

2-person | 4-person

- Chicken Breasts 2 | 4
- Harissa Paste 🍷 2 tbsp | 4 tbsp
- Couscous 1 ½ cup | 1 cup
- Dried Apricots 9 56 g | 113 g
- Feta Cheese 2 28 g | 56 g
- Cilantro 7 g | 14 g
- Shallot 50 g | 100 g
- Greek Yogurt 2 100 g | 200 g
- Lime 1 | 1
- Cucumber 1 | 2
- Turkish Spice Blend 1 tbsp | 2 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG

Preheat the oven to **425°F** (to finish chicken). Start prepping when the oven comes up to temperature!



**1 PREP**  
Wash and dry all produce.\* Peel, then finely chop shallot. Roughly chop cilantro. Cut apricots into ¼-inch pieces. Directly into a small bowl, grate cucumber(s). Sprinkle over ¼ tsp salt (dbl for 4 ppl). Set aside.



**4 COOK CHICKEN**  
Meanwhile, heat a large non-stick pan over medium-high. When the pan is hot, add chicken. Sear, until golden-brown, 1-2 min per side. To a baking sheet, transfer chicken. Roast, in middle of oven, until cooked through, 10-12 min. (TIP: Cook to a min. internal temp. of 74°C/165°F, as size may vary.\*\*)



**2 MARINATE CHICKEN**  
Pat chicken dry with paper towels. In a medium bowl, combine chicken, harissa paste, half the Turkish Spice Blend and 1 tbsp oil (dbl for 4 ppl). Season with salt and pepper. Toss to coat. Set aside.



**5 MAKE RAITA**  
Meanwhile, zest 1 tsp lime (dbl for 4 ppl), then juice half the lime (1 lemon for 4 ppl). Cut any remaining lime into wedges. Drain liquid from cucumber. In the small bowl with cucumber, add yogurt, lime zest, half the cilantro, 1 tbsp lime juice (dbl for 4 ppl) and 1 tsp sugar (dbl for 4 ppl). Season with salt and pepper. Stir to combine.



**3 COOK COUSCOUS**  
Bring a kettle of water to a boil. In a large bowl, stir together couscous, shallots, apricots and remaining Turkish Spice Blend. Stir in ¾ cups boiling water (dbl for 4 ppl). Cover and let stand, until couscous is tender and liquid is absorbed, 5-6 min.



**6 FINISH AND SERVE**  
Fluff couscous with a fork, stir in remaining cilantro and 1 tbsp oil (dbl for 4 ppl). Season with salt and pepper. Slice chicken. Divide couscous between plates and top with harissa chicken. Crumble over feta and dollop with cucumber-raita. Squeeze over a lime wedge, if desired.

## OH SWEETLY!

Sweet apricots complement harissa beautifully in this sweet and spicy dish!