



# PAN-ROASTED CHICKEN

with Dijon Mushroom Sauce and Israeli Couscous



## HELLO COUSCOUS

Israeli couscous is a toasted pasta that brings delicious flavour and bite to many dishes!

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 674



Chicken Breasts



White Mushrooms



Garlic



Thyme



Israeli Couscous



Sour Cream



Dijon Mustard



White Wine Vinegar



Baby Arugula



Chicken Broth Concentrate



Orange Marmalade

## BUST OUT

- Garlic Press
- Small Bowl
- Measuring Spoons
- Whisk
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil
- Medium Pot
- Paper Towel

## INGREDIENTS

4-person

- Chicken Breasts 680 g
- White Mushrooms 454 g
- Garlic 20 g
- Thyme 10 g
- Israeli Couscous 1 1½ cup
- Sour Cream 2 6 tbsp
- Dijon Mustard 6,9 2 tbsp
- White Wine Vinegar 9 2 tbsp
- Baby Arugula 113 g
- Chicken Broth Concentrate 4
- Orange Marmalade 1 1 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 Seafood/Fruit de Mer
- 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète
- 2 Milk/Lait
- 8 Sesame/Sésame
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites
- 4 Soy/Soja
- 10 Crustacean/Crustacé
- 5 Tree Nut/Noix
- 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



Using the same pan to cook the chicken and sauce, makes for an easy clean up!



**1 START COUSCOUS** Wash and dry all produce.\* Mince or grate the **garlic**. Strip **3 tbsp thyme leaves** from the sprigs. Heat a medium pot over medium heat. When the pot is hot, add **1 tbsp oil**, then **half the garlic** and **half the thyme leaves**. Cook until fragrant, 1-2 min. Add the **couscous** and stir together, until toasted, 2-3 min.



**4 START SAUCE** Meanwhile, thinly slice **mushrooms**. When **chicken** is done, transfer to a plate and cover to keep warm. Set aside. Increase heat to medium-high. When same pan is hot, add another **1 tbsp oil**, then **mushrooms**. Cook, stirring often, until golden-brown, 6-7 min. Add the **remaining garlic** and **remaining thyme leaves**. Cook, stirring often, until fragrant, 1-2 min.



**2 MAKE COUSCOUS** Add **2 ¾ cups water** and **2 pkgs broth concentrates** to the medium pot. Cover and bring to a boil over high heat. Once boiling, reduce the heat to medium-high. Simmer, still covered, until the **couscous** is tender and all the **liquid** has been absorbed, 10-12 min. Meanwhile, pat the **chicken** dry with paper towels. Season with **salt** and **pepper**.



**5 FINISH SAUCE** Remove the pan from the heat. Stir in the **sour cream**, **2 ½ tsp mustard**, **remaining broth concentrates** and **½ cup water**. Season with **salt** and **pepper**. Set aside. In a small bowl, whisk together the **vinegar**, **marmalade**, **remaining mustard** and **2 tbsp oil**. Season with **salt** and **pepper**.



**3 COOK CHICKEN** Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then the **chicken**. Cook until the bottoms of the **chicken** are golden-brown, 6-7 min. Flip **chicken** over, then cover and cook until the **chicken** is golden-brown and cooked through, 6-7 min. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F, as size may vary.\*\*)



**6 FINISH AND SERVE** When the **couscous** is done, fluff with a fork and season with **salt** and **pepper**. Thinly slice **chicken**. Divide **couscous**, **chicken** and **arugula** between plates. Drizzle as much **dressing** from the small bowl as you like over **arugula**. Spoon **mushroom sauce** over **chicken**.

## REMARKABLE!

Creamy, comforting chicken meets bright and aromatic greens.