

# Couscous Chicken

We took our inspiration this week from North Africa. Our recipe starts with a lemony parsley sauce that turns couscous, chicken, spinach, artichokes and peppers into something really light and special.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet  
Mixing bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Chicken  
Couscous  
Spinach  
Peppers & Artichoke  
Casablanca Sauce

## Make the Meal Your Own

If you ordered the **Carb Conscious** version you received cauliflower "rice" instead of couscous - reducing the **carbs per serving to 25g**. Cook the cauliflower rice in Step 2. Add 1 Tbsp olive oil to a large skillet over medium-high heat. When the skillet is hot add the cauliflower "rice" and sauté until brown, about 3 to 4 minutes. Remove from heat and place directly on serving plates.

**If you're making the gluten-free version**, we've sent you quinoa instead. Cook in boiling water with a sprinkle of salt for 6 to 8 minutes until desired tenderness and drain.

## Good to Know

**Our cage-free chickens thrive on an all-natural diet.** They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

**Health snapshot per serving** – 595 Calories, 61g Protein, 25g Fat, 14 Smart Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Chicken, Couscous, Spinach, Bell Peppers, Artichoke, Lemon, Red Onion, Garlic, Oregano, Parsley, Black Pepper, Agave

*meez*meals

### 1. Getting Started

Set a saucepan of lightly salted water to boil.

### 2. Cook the Couscous

Add the **Couscous** to the boiling water and cook until al dente, 5 to 7 minutes. Drain well and return to the saucepan.

Transfer the **Casablanca Sauce** to a bowl and add 3 Tbsp olive oil. Add half the mix to the drained couscous. (You'll use the rest at the very end)

### 3. Cook the Chicken

Heat 1 Tbsp olive oil in a large skillet over medium-high heat.

Generously salt and pepper the **Chicken on each side** and cook for 4 to 5 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 3 to 4 minutes, until this side is brown as well. Remove from heat and let rest for at least 5 minutes.

### 4. Cook the Veggies

In the now empty (and unwashed) skillet, heat 1 Tbsp olive oil over medium-high heat and sauté the **Peppers & Artichoke** until they are starting to brown, about 5 to 7 minutes.

Reduce heat to medium and add the **Spinach**. Cook until it wilts, about 2 to 3 minutes longer.

### 5. Put it all Together

Serve the veggies over the couscous and top with the chicken. Drizzle about 2 Tbsp (or more if you like) of the Casablanca Sauce over the entire dish. Enjoy!

*Boil enough water to completely submerge the couscous. We drain it like pasta, so you don't have to measure it.*

*Couscous should be firm, not mushy. Be sure not to overcook it.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**