



## Tuscan Chicken, Israeli Couscous & Vegetables

Prep Time: 15 min

Cook Time : 35 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

540 calories

9 g total fat

270 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 1.5 lbs. chicken breasts
- Tuscan Spice blend (1/2 tsp fennel, 1 tsp basil, 1 tsp oregano, 1 tsp garlic powder, 1/2 tsp rosemary)
- 1 cup Israeli pearl couscous
- 1 1/2 cups water\*\*
- 3 TB raisins
- 8 oz. green beans (washed, trimmed and cut into 2 inch pieces)
- 2 zucchini, sliced
- 2 garlic cloves, smashed
- 1/2 tsp red pepper flakes
- 1 pint cherry/grape tomatoes
- 2 TB red wine vinegar
- 1/2 cup grated parmesan cheese
- Olive Oil, Salt, Pepper\*\*

### DIRECTIONS:

1. Wash and dry **tomatoes, green beans and zucchini**. Halve **tomatoes** and place in a bowl, season with **salt & pepper** to taste. Trim ends off **green beans** and cut into 2 inch pieces, set aside. Slice **zucchini** into 1/4 inch thick slices, set aside
2. Pat the **chicken** dry with paper towels; season both sides with a pinch of **salt & pepper** and the **Tuscan Spice Blend** to lightly coat the chicken. In a medium pan, heat **1 TB olive oil** on medium high until hot. Add the **seasoned chicken** and cook 6-7 minutes per side, until browned and cooked through **OR** preheat oven to 425 and place chicken on an oiled baking dish and cook for 20-30 minutes in the oven. Transfer the chicken to a plate and cover with foil, let rest 10 minutes before slicing.
3. In a medium pot bring **1.5 cups water** and **1/2 tsp salt** to boiling on high. Add the couscous and washed and trimmed **green beans**, cover and reduce to a simmer for 10 minutes. Turn off the heat, drain thoroughly if there's still some liquid. To the same pot, add the **raisins** and a drizzle of **olive oil**. Stir to combine and season with **salt** and **pepper** to taste. Cover and keep warm.
4. Using the flat side of a knife smash the **2 garlic cloves** and peel. On medium high heat, warm **1 TB olive oil** and the **smashed garlic cloves**. Add the sliced **zucchini** and cook stirring for 4-6 minutes or until lightly browned. Add the **seasoned tomatoes** and as much **red pepper flakes** for your spice preference. Cook for 2 minutes. Turn off the heat and add the **red wine vinegar**. Carefully remove and discard the smashed **garlic** cloves.
5. Slice the cooked chicken crosswise. Serve the cooked couscous & green beans topped with the cooked zucchini/tomatoes and sliced chicken. Garnish with the **parmesan cheese** and a drizzle of **olive oil**.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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