



Za'atar Chicken with Broccoli and Couscous

Prep Time: 20 mins

Cook Time: 30 mins

Serves: 4

NUTRITION FACTS, PER SERVING:

376 Calories

14.26 g fat

435 mg sodium



INGREDIENTS: ** Items not included in kit

- 4 boneless chicken breast
- 1 cup pearl couscous
- 3 garlic cloves
- 1 lemon
- 1/2 lb. broccoli florets
- 4 sprigs fresh thyme
- 2 TB butter**
- 2 TB sliced almonds
- 1 shallot
- Salt and pepper**
- 1 TB olive oil**
- 3 TB Za'atar spice blend
- 2 TB flour**
- 2 TB water**

DIRECTIONS:

1. Preheat oven to 450 degrees.
2. Wash and dry the **broccoli**. Place the florets on a sheet pan. Drizzle with **olive oil** and season with **salt** and **pepper**. Arrange in an even layer. Roast for 15 minutes or until browned and fork tender. Remove from the oven and set aside.
3. Peel the **garlic** and using the flat side of your knife, gently smash each clove. Peel and mince the **shallot**. Quarter and deseed the **lemon**.
4. Heat a medium pot of water to boiling on high heat. Add the **couscous** and cook uncovered for 10 minutes or until tender. Drain thoroughly and return the couscous to the pot. Set aside.
5. While the couscous cooks, place the **spice blend** along with the **flour** on a plate, mix well. Pat the **chicken breasts** dry with paper towels. Season the breasts with **salt** (optional) and **pepper**. Coat the chicken in the **spice/flour blend (tapping off any excess)**. In a large nonstick skillet, heat **1 Tbsp olive oil** on medium high heat. Add the **chicken breasts** and cook 6 minutes per side or until browned and cooked through. Leaving any browned bits in the pan, transfer the cooked chicken to a plate. Set aside.
6. Add the **garlic, shallots** and **thyme sprigs** to the skillet. If the pan seems dry, add a drizzle of **olive oil**. Cook for 30 seconds or until fragrant stirring constantly. Add the juice of all **4 lemon wedges** and 2 Tbsp of water. Cook on medium high heat stirring constantly for 30 seconds. Turn off the heat and add **2 Tbsp of butter**, stir until melted. Carefully discard the thyme sprigs and the garlic cloves.
7. To the pot of **cooked couscous**, add the **roasted broccoli** and **almonds**. Stir thoroughly to combine and season with a drizzle of **olive oil, salt** and **pepper** to taste. Divide the couscous among 4 plates, top with chicken and the pan sauce.

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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Mushroom Beef Sloppy Joe and Kale Chips

Prep Time: 10 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

480 calories

11.4 g fat

300 mg sodium



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

- 8 oz. sliced mushrooms
- 1 lb. ground beef
- 1/2 cup chopped onion
- 1 garlic clove
- 8 oz. can tomato sauce
- 1 TB. chili powder
- 1 TB. brown sugar
- 1 tsp cider vinegar
- Salt and Pepper, to taste**
- 4 whole wheat hamburger buns
- 1 bunch kale

DIRECTIONS:

1. Rinse & chop the **mushrooms** to approximate size and texture of ground beef. Mince the **garlic clove** and set aside.
2. Heat a sauté pan over medium-high heat. Add **ground beef and mushrooms**, and cook. Sauté until ground beef is cooked through and no longer pink. Remove mushroom-beef mixture from pan and set aside. Pour off excess fat from pan.
3. Add **onion and minced garlic** to the same pan; cook until golden. Return **mushroom-beef mixture** to pan, along with **tomato sauce, chili powder, brown sugar, cider vinegar, and salt & pepper**.
4. Simmer about 10 minutes on medium low heat.
5. Serve on hamburger bun.
6. To make the **kale chips**: Wash and thoroughly dry **kale**. Remove the ribs and tear kale into bite size pieces. Drizzle with **1 TB olive oil** and season with **1/4 tsp salt and 1/8 tsp pepper**. Place kale on a baking sheet and bake at 325 degrees for 10 to 15 minutes.

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