



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 total fat
435 mg of 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
- 1 bunch of fresh thyme
- 2 Tbsp butter**
- 2 Tbsp roasted almonds
- 1 shallot
- Salt and pepper**
- 1 Tbsp olive oil**
- 3 Tbsp Za'atar spice blend (thyme, cumin, coriander, sesame seeds, lemon pepper)
- 2 Tbsp flour**
- 2 Tbsp 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 oven and set aside.
3. Peel the **garlic** and using the flat side of your knife, gently smash each clove once. Peel and mince the **shallot**. Quarter and deseed the **lemon**.
4. Heat a medium pot of salted water to boiling on high. 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** and **pepper**. Thoroughly 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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Turkey Chipotle Soft Tacos

Prep Time: 15 min.

Cook Time : 30 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

419 calories

9.78 g of fat

722 mg of sodium



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

- 1 pound ground turkey
- 2 cloves garlic, minced
- 1 onion chopped (1 cup)
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 pound kale (must wash and dry before using)
- 2 canned chipotle chilies (chipotles are smoked dried jalapenos and can be moderate to spicy hot)
- 1 can (15 oz.) tomato sauce
- 8 flour tortillas warmed
- 3/4 cup shredded cheddar cheese

DIRECTIONS:

1. In a 12-inch nonstick frying pan, combine **turkey, garlic, onion, chili powder, and cumin**. Cook over medium-high heat, stirring often, until meat is lightly browned, 7 to 8 minutes.
2. While meat browns, **chop kale and chipotles**. When meat is ready, add **chopped kale, chopped chipotles, and tomato sauce** to pan and stir. Cover and simmer, stirring occasionally, until kale is wilted, about 10 minutes.
3. Warm **tortillas** following instructions on the package.
4. Transfer mixture to a serving bowl; spoon into tortillas to eat and top with shredded cheese.

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