



## Broiled Chicken & Artichokes

with Chickpea Couscous



20-30min



4 Servings

Broiling is one of our favorite quick cooking techniques. Direct heat gives meat and vegetables a caramelized surface, enhancing the flavor of each ingredient. Here we broil chicken with artichokes until crisp and serve them over a garlicky chickpea couscous. A lemon dressing drizzled at the very end adds an extra layer of brightness.

## What we send

- garlic
- fresh parsley
- canned artichoke hearts
- canned chickpeas
- lemon
- boneless, skinless chicken thighs

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- fine-mesh sieve
- large skillet
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1070.0kcal, Fat 64.0g, Proteins 56.0g, Carbs 67.0g



### 1. Prep ingredients

Peel and finely chop **2 teaspoons garlic**. Reserve **a few whole parsley leaves** for serving; roughly chop remaining leaves and stems together. Finely grate **Parmesan**. Zest **lemon**, then squeeze **¼ cup juice** into a small bowl, keeping them separate. Drain and rinse **chickpeas** and **artichoke hearts**, separately. Quarter artichokes, if necessary.



### 4. Brown chickpeas

Pat **chickpeas** dry. Heat **2 tablespoons oil** in a large skillet over medium-high until shimmering. Add chickpeas and **a pinch each salt and pepper** and cook until chickpeas start to brown, stirring occasionally, about 5 minutes. Stir in **⅔ of the garlic** and cook, about 30 seconds.



### 2. Prep chicken

Preheat broiler with top rack 6 inches from heat source. On a rimmed baking sheet, pat **chicken** and **artichoke hearts** dry, then toss with **3 tablespoons oil** and season well with **salt** and **pepper**. Spread in a single layer.



### 3. Broil chicken

Broil **chicken** and **artichokes** on the top rack until browned, about 8 minutes. Flip chicken and artichokes and continue broiling until chicken is browned and cooked through, about 5 minutes more (watch closely as broilers vary).



### 5. Cook couscous

Scatter **couscous** on top of chickpeas. Stir in **1½ cups water** and **1 teaspoon salt**. Bring to a boil, then remove from heat and cover. Let stand until water is absorbed, about 5 minutes. Stir in **lemon zest, chopped parsley, ⅔ of the Parmesan**, and **1 tablespoon of the lemon juice**.



### 6. Make dressing & serve

Whisk **remaining garlic** and **⅓ cup oil** into bowl with **remaining lemon juice**. Season to taste with **salt** and **pepper**. Serve **chicken and artichokes**, and **any resting juices** on top of **couscous**. Drizzle **lemon dressing** otop. Garnish with **remaining Parmesan** and **reserved whole parsley leaves**. Enjoy!