



DINNERLY



FAST

Harissa Skillet Chicken with Carrots & Couscous

 ca. 20min  4 Servings

We love a tasty Moroccan tagine, but not when dinner needs to be on the table in a hurry! So we deconstructed it to make a delicious meal that you don't need hours, a ton of ingredients, or any special equipment to make! Tender chicken breasts and sweet carrots are topped with a quick harissa-spiced sauce. The couscous is made with chicken broth and a smidge of butter for a rich tagine-like fla...

WHAT WE SEND

- harissa spice blend
- boneless, skinless chicken breasts
- chicken broth concentrate
- garlic
- carrots

WHAT YOU NEED

- all-purpose flour ¹
- butter ⁷
- kosher salt & ground pepper
- olive oil
- sugar

TOOLS

- large skillet
- medium saucepan

ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 590.0kcal, Fat 21.0g, Proteins 33.0g, Carbs 65.0g



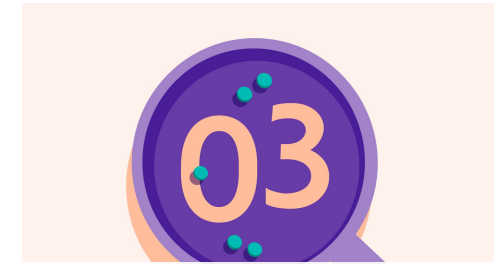
1. Prep ingredients

Trim ends from **carrots**, then peel and thinly slice. Peel and finely chop **2 teaspoons garlic**. Pat **chicken** dry, then cut into 1-inch pieces. In a medium bowl, toss chicken with **2 teaspoons flour**. Season with **salt** and **pepper**. In a large liquid measuring cup, whisk together **chicken broth concentrate**, **2 tablespoons flour**, and **2 cups water**.



2. Cook couscous

In a medium saucepan, bring **2 cups water** to a boil. Add **couscous**, **1 teaspoon oil**, **½ teaspoon salt**, and **a few grinds pepper**. Cover and let stand off heat for 5 minutes. Cover to keep warm.



3. Brown chicken

Heat **2 tablespoons oil** in a large skillet over medium-high. Add **chicken** and cook until browned in spots, 4–5 minutes. Transfer chicken to a plate. Return skillet to stovetop.



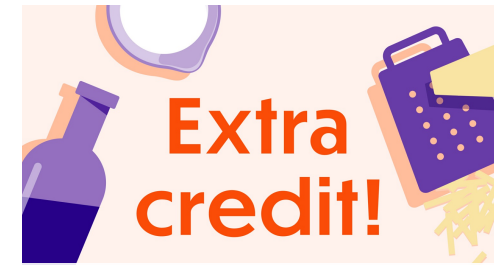
4. Build sauce

Add **2 tablespoons oil** and **carrots** to same skillet over medium-high heat. Cook until carrots are just tender, about 2 minutes, reducing heat to medium if browning too quickly. Add **garlic**, **2–3 teaspoons harissa spice** (depending on heat preference), and **½ teaspoon sugar**. Cook until fragrant, about 30 seconds.



5. Finish & serve

Add **chicken broth mixture** to skillet, whisking constantly. Cook, stirring, until **carrots** are tender and liquid is slightly thickened and reduced to **1½ cups**, 3–4 minutes. Add **chicken and any resting juices**; cook, stirring, until warm, 1 minute. Remove from heat. Stir in **1 tablespoon butter**. Serve **chicken and carrots** over **couscous**.



6. Take it to the next level

Serve the chicken and carrots topped with finely chopped green olives, preserved lemon, and/or fresh parsley for an added layer of flavor.