



## Sumac Grilled Chicken

with Israeli Couscous Salad



20-30min



4 Servings

Sumac is a bright and citrusy spice used often in Middle Eastern cooking. In this recipe, it's used in a flavorful marinade for chicken breasts, which are scored so that there's even more surface area for the marinade to hold on to. Resting the chicken before slicing will keep the juices locked in, and fluffy couscous is dressed while warm, so the flavors of the vinaigrette are quickly absorbed.



## What we send

- baby arugula
- fresh mint
- lemon
- sumac spice
- boneless, skinless chicken breasts
- dried cranberries

## What you need

- kosher salt & ground pepper
- olive oil
- sugar

## Tools

- fine-mesh sieve
- large saucepan

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 700.0kcal, Fat 39.0g, Proteins 43.0g, Carbs 45.0g



### 1. Marinate chicken

Bring a large saucepan of **salted water** to a boil over high heat. In a large bowl, whisk together **4 teaspoons sumac**, **1 teaspoon salt**, **a few grinds pepper**, and **2 tablespoons oil**. Pat **chicken** dry, and using a sharp knife, lightly score each chicken breast 4 or 5 times across the top. Add to bowl, and mix to coat, rubbing marinade into chicken.



### 4. Cook chicken

Preheat a grill or grill pan to high. Place **chicken** on the grill or grill pan and cook until cooked through, 3-4 minutes per side. Remove from grill, cover loosely with foil, and set aside to rest for 5 minutes.



### 2. Make dressing

Into a small bowl, finely grate **1 teaspoon lemon zest** and squeeze **3 tablespoons juice**. Whisk in **2 teaspoons sugar** and  $\frac{1}{3}$  **cup oil**. Season to taste with **salt** and **pepper**.



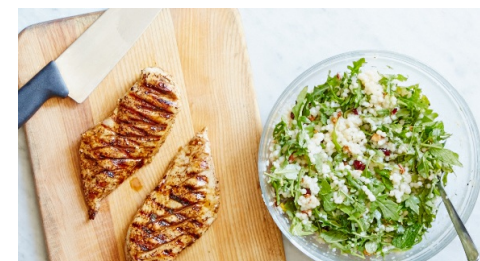
### 5. Prep almonds & mint

Meanwhile, coarsely chop **almonds**. Pick **mint leaves** from stems, discarding stems; tear any large leaves.



### 3. Cook couscous

Add **couscous** to boiling water and cook until al dente, stirring occasionally, 6-7 minutes. Drain couscous well in a fine-mesh sieve, shaking out excess water, and transfer to a large bowl. Drizzle with **half of the dressing** and stir to combine.



### 6. Finish & serve

To bowl with **couscous**, add **arugula**, **cranberries**, **almonds**, and **mint leaves**. Season to taste with **salt** and **pepper** and toss well to combine. Slice **chicken**, if desired. Serve **salad** and top with **chicken** and **any resting juices**. Serve drizzled with **remaining dressing**. Enjoy!