



Cooking Made Easy

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Chicken à l'Orange with Couscous



Sweet caramelized onions and fresh orange make the perfect sauce for juicy seared chicken. We've served it over fluffy couscous with a refreshing fennel and orange salad.



35 min



level 2



nut free



Chicken Breasts



Onion



Couscous



Orange



White Wine Vinegar



Stock Concentrate



Fennel



Arugula



Orange Jam

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Orange	2	4
Onion	1	2
Orange Jam	1 T	2 T
White Wine Vinegar	2 T	4 T
Stock Concentrate	1	2
Fennel	1 bulb	2 bulbs
Arugula	2 oz	4 oz
Couscous	1) ½ C	1 C
Butter*	7) ½ T	1 T
Olive Oil*	2 T	4 T

*Not included

Allergens

- 1) Wheat
- 7) Milk

Nutrition per person Calories: 795 | Carbs: 95 g | Fat: 23 g | Protein: 54 g | Fiber: 9 g



1 Bring 1 cup **water** to a boil with ½ tablespoon **butter** and a pinch of **salt**. Halve, peel, and thinly slice the **onion**. Trim the **fennel** on both ends, then thinly slice widthwise.

2 Zest 1 **orange**. Peel both oranges by running your knife between the white pith and the flesh. Then, with a small paring knife, cut the oranges into segments by holding the orange in one hand and with the other, cut along both sides of the membranes to release the segments. Squeeze the remaining orange to collect any extra **juice** for the sauce.

3 Add the **couscous** to the **boiling water**. Cover, remove from heat, and set aside until the rest of the meal is ready.

4 Season the **chicken** with **salt** and **pepper**. Heat ½ tablespoon **olive oil** in a pan over medium-high heat. Sear the chicken for about 4-6 minutes per side (depending on the thickness), until golden brown. Set aside.

5 In the same pan, heat ½ tablespoon **olive oil** over medium heat. Add the **onion** and **half the fennel** and season with **salt** and **pepper**. Cook for about 5 minutes, until softened.

6 Add the **orange juice**, **half the orange segments**, **jam**, **stock concentrate**, **orange zest**, and ¼ cup of **water** to the pan. Bring to a boil, return the **chicken** to the pan, and reduce to a simmer for about 8 minutes, until sauce has thickened and chicken is cooked through. Season with **salt** and **pepper**. Add more water if the sauce becomes too thick.

7 Meanwhile, toss **remaining fennel**, **arugula**, and **remaining orange segments** in a bowl with **vinegar** and 1 tablespoon **olive oil**. Season with **salt** and **pepper**.

8 Fluff the **couscous** with a fork and serve. Place the **chicken breasts** on top and drizzle the **sauce** over with a spoon. Serve with the **salad** to the side.