



SKEWER-LESS CHICKEN KEBABS

with Israeli Couscous and Golden Raisins

PREP: 10 MIN
TOTAL: 30 MIN

LEVEL 1

NUT FREE



HELLO MEDITERRANEAN SPICE BLEND

Oregano, mint, sumac, and coriander mingle for incredible aromatics

INGREDIENTS:

- Red Bell Pepper
- Garlic
- Red Onion
- Lemon
- Chicken Thighs
- Mediterranean Spice Blend
- Plain Yogurt (Contains: Milk)
- Israeli Couscous (Contains: Wheat)
- Parsley
- Golden Raisins

FOR 4 PEOPLE:

- 2
- 2 Cloves
- 1
- 1
- 24 oz
- 2 TBSP
- 5.3 oz
- 1½ Cups
- ¼ oz
- 2 oz

NUTRITION PER SERVING

592 cal | Fat: 13 g | Sat. Fat: 3 g | Protein: 46 g | Carbs: 78 g | Sugar: 17 g | Sodium: 131 mg | Fiber: 7 g

START STRONG

The temperature may be dipping where you are, but this certainly doesn't mean you have to kiss grilling season goodbye. If you have a grill, fire it up and toss on the chicken thighs!



BUST OUT

- Medium pot
- Small bowl
- Strainer
- Olive oil (7 tsp)
- Large bowl
- Baking sheet

1 PREP

Wash and dry all produce.

Place oven rack 6 inches from heat source and preheat broiler to high. Bring a medium pot of **salted water** to a boil. Cut **bell peppers** into 1-inch-thick pieces. Mince **garlic**. Halve, peel, and cut **onion** into 1-inch-thick wedges. Halve **lemon**.

2 MARINATE CHICKEN

In a large bowl, combine **chicken, Mediterranean spice blend**, half the **garlic**, and a large drizzle of **olive oil**. Season generously with **salt** and **pepper**. Set aside.

3 MAKE YOGURT SAUCE

In a small bowl, combine **yogurt, juice of half the lemon**, remaining **garlic**, and a large drizzle of **olive oil**. Season to taste with **salt** and **pepper**.



4 COOK CHICKEN

Place **chicken, onions**, and **peppers** on a lightly oiled baking sheet in a single layer. Broil in oven until lightly browned and chicken juices run clear when pierced with a knife, 12-15 minutes.

5 COOK COUSCOUS

Meanwhile, add **couscous** to **boiling water** and cook until al dente, 8 to 10 minutes. Drain thoroughly and return to pot.

6 FINISH AND PLATE

Finely chop **parsley**. Add **raisins, parsley, juice of remaining lemon**, and a large drizzle of **olive oil** to **couscous**. Season to taste with **salt** and **pepper**. Serve **chicken** and **veggies** with **couscous** and **yogurt sauce**.

TRIUMPH!

Next time, experiment with tomatoes instead of peppers and toss in some olives.

