



PAN-ROASTED CHICKEN

with Dijon Mushroom Sauce and Israeli Couscous

PRONTO



HELLO COUSCOUS

Israeli couscous is a toasted pasta that brings delicious flavour and bite to many dishes!

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 687



Chicken Breasts



White Mushrooms



Garlic



Thyme



Israeli Couscous



Sour Cream



Dijon Mustard



White Wine Vinegar



Baby Arugula



Chicken Broth Concentrate



Orange Marmalade

BUST OUT

- Garlic Press
- Large Bowl
- Large Non-Stick Pan
- Measuring Cups
- Whisk
- Measuring Spoons
- Medium Pot
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Breasts 340 g | 680 g
- White Mushrooms 227 g | 454 g
- Garlic 10 g | 20 g
- Thyme 10 g | 10 g
- Israeli Couscous 1 ¾ cup | 1½ cup
- Sour Cream 2 3 tbsp | 6 tbsp
- Dijon Mustard 6,9 2 ½ tsp | 5 tsp
- White Wine Vinegar 9 1 tbsp | 2 tbsp
- Baby Arugula 56 g | 113 g
- Chicken Broth Concentrate 2 | 4
- Orange Marmalade 1 ½ tsp | 3 tsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 165°F.



START STRONG



Using the same pan to cook the chicken and sauce, makes for a easy clean up!



1 START COUSCOUS Wash and dry all produce.* Mince or grate the **garlic**. Strip **2 tbsp thyme leaves** (double for 4 ppl) from the sprigs. Heat a medium pot over medium heat. Add a drizzle of **oil**, then **half the garlic** and **half the thyme leaves**. Cook until fragrant, 1-2 min. Add the **couscous** and stir together, until toasted, 2-3 min.



4 START SAUCE Meanwhile, thinly slice the **mushrooms**. When the **chicken** is done, transfer to a plate and set aside. Add another drizzle of **oil** to the same pan, then the mushrooms. Cook, stirring often, until golden-brown, 6-7 min. Add the **remaining garlic** and **remaining thyme leaves**. Cook until fragrant, 1-2 min.



2 MAKE COUSCOUS Add **1½ cup water** (double for 4 ppl) and **1 pkg broth concentrate** (double for 4 ppl). Bring to a boil over high heat. Once boiling, reduce the heat to medium-high. Simmer until the **couscous** is tender and all the liquid has been absorbed, 10-12 min. Meanwhile, pat the **chicken** dry with paper towels. Season with **salt** and **pepper**.



5 FINISH SAUCE Remove the pan from the heat. Stir in the **sour cream**, **1¼ tsp mustard** (double for 4 ppl), **remaining broth concentrate(s)** and **¼ cup water** (double for 4 ppl). Set aside. In a large bowl, whisk together **1 tbsp vinegar** (double for 4 ppl), **1½ tsp marmalade** (double for 4 ppl), **remaining mustard** and **2 tbsp oil**. Toss in the **arugula**.



3 COOK CHICKEN Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **chicken**. Cook until the bottoms of the chicken are golden-brown, 6-7 min. Flip over, then cover and cook until the chicken is golden-brown and cooked through, 6-7 min. (**TIP:** Cook each piece to a minimum internal temp. of 165°F, as size may vary.**)



6 FINISH AND SERVE When the **couscous** is done, fluff with a fork. Thinly slice the **chicken**. Divide the couscous and chicken between plates. Drizzle the **mushroom sauce** over the chicken and serve with **arugula salad**.

REMARKABLE!

Creamy, comforting chicken meets bright and brisk greens.