



NUTRITION *per serving* 42g carbohydrates 26g fat 80g protein 991mg sodium | low-calorie, dairy-free, soy-free



Calories
506



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Intermediate



Spice Level
Medium

IN YOUR BOX

- 1 Lb. Boneless Skinless Chicken Thighs
- 2 Tbsp. Berbere Seasoning
- 1 Garlic Clove
- 2 oz. Dried Apricots
- 6 oz. Green Beans
- ½ Cup Couscous
- 1 oz. Slivered Almonds
- 1 Tbsp. Chopped Ginger

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Small Pot
- Small Bowl
- Large Pan

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HOME CHEF

Berberé Chicken Thighs

with apricot-almond couscous and green beans

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Bring a **small pot** with 1 cup of **water** to a boil

WHILE YOU COOK

- **Salt** refers to kosher salt in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Chicken thighs** are succulent, flavorful, and underutilized, but can also have a bit more fat. Remove fat with a knife or scissors if desired, or leave it to render off in the pan.
- **Heads Up!** You'll set 1 cup of **water** to boil, but you only need $\frac{3}{4}$ cup of it for the **couscous**. This is so you have a little buffer in case some boils off.

FROM THE CHEF

The name “berbere” means “hot” in the Amharic language, no doubt stemming from the strong chile presence in this spice. Use less of the spice blend if you prefer a milder dish.

When you rest meat, always try to re-incorporate any accumulated juices back into the dish. These juices add flavor and moisture.

Did you know...

Berberé is a spice mixture popular in Ethiopian fare that includes chile peppers, ginger, basil, garlic, fenugreek, and a host of others.



Season the Chicken

Rinse **chicken thighs** and pat dry. Sprinkle both sides of chicken with **berbere seasoning** and $\frac{1}{4}$ tsp. **salt**. *This seasoning can be spicy, so add to taste.* Marinate chicken at least 10 minutes.



Cook the Chicken

Heat a large pan over medium heat and add 2 tsp. **olive oil** to hot pan. Add **chicken** and cook 4-5 minutes, or until chicken is deeply caramelized. Flip chicken, cover, and cook another 3-4 minutes, or until chicken reaches a minimum internal temperature of 165 degrees. Remove chicken to a plate and let rest. No need to wipe pan clean.



Prepare the Ingredients

Mince **garlic**. Coarsely chop **dried apricots**. Trim ends off **green beans**.



Cook the Green Beans

Return pan used for chicken to medium-high heat. Add **green beans**, **garlic**, and **ginger**. Stir to coat, add 3 Tbsp. **water**, and cover. Cook until green beans are tender, slightly firm, and bright green, about 3-4 minutes.



Make the Couscous

Add **couscous** and a generous pinch of **salt and pepper** to a small bowl. Pour $\frac{3}{4}$ cup boiling **water** into bowl and stir for 10 seconds. Add 1 tsp. **olive oil** and **apricots**. Cover bowl tightly with plastic wrap and set aside for 10 minutes. Uncover and use a fork to fluff couscous. Mix in **almonds**.



Plate the Dish

Spoon **couscous** and lay **green beans** on a plate. Place **chicken** against couscous. Combine any accumulated juices from plate where chicken rested with juices from cooking beans. Spoon **juices** over chicken.