



Tuscan Chicken with Couscous & Vegetables

Prep Time: 15 min

Cook Time : 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

540 calories

9 g total fat

270 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1.5 lbs. chicken breasts
- Tuscan Spice blend (1/2 tsp fennel, 1 tsp basil, 1 tsp oregano, 1 tsp garlic powder, 1/2 tsp rosemary)
- 1 cup Israeli pearl couscous
- 1 1/2 cups water**
- 3 TB raisins
- 8 oz. green beans (washed, trimmed and cut into 2 inch pieces)
- 2 zucchini, sliced
- 2 garlic cloves, smashed
- 1/2 tsp red pepper flakes
- 1 pint cherry/grape tomatoes
- 2 TB red wine vinegar
- 1/2 cup grated parmesan cheese
- Olive Oil, Salt, Pepper**

DIRECTIONS:

1. Wash and dry **tomatoes, green beans and zucchini**. Halve **tomatoes** and place in a bowl, season with **salt & pepper** to taste. Trim ends off **green beans** and cut into 2 inch pieces, set aside. Slice **zucchini** into 1/4 inch thick slices, set aside
2. Pat the **chicken** dry with paper towels; season both sides with a pinch of **salt & pepper** and the **Tuscan Spice Blend** to lightly coat the chicken. In a medium pan, heat **1 TB olive oil** on medium high until hot. Add the **seasoned chicken** and cook 6-7 minutes per side, until browned and cooked through **OR** preheat oven to 425 and place chicken on an oiled baking dish and cook for 20-30 minutes in the oven. Transfer the chicken to a plate and cover with foil, let rest 10 minutes before slicing.
3. In a medium pot bring **1.5 cups water** and **1/2 tsp salt** to boiling on high. Add the couscous and washed and trimmed **green beans**, cover and reduce to a simmer for 10 minutes. Turn off the heat, drain thoroughly if there's still some liquid. To the same pot, add the **raisins** and a drizzle of **olive oil**. Stir to combine and season with **salt** and **pepper** to taste. Cover and keep warm.
4. Using the flat side of a knife smash the **2 garlic cloves** and peel. On medium high heat, warm **1 TB olive oil** and the **smashed garlic cloves**. Add the sliced **zucchini** and cook stirring for 4-6 minutes or until lightly browned. Add the **seasoned tomatoes** and as much **red pepper flakes** for your spice preference. Cook for 2 minutes. Turn off the heat and add the **red wine vinegar**. Carefully remove and discard the smashed **garlic** cloves.
5. Slice the cooked chicken crosswise. Serve the cooked couscous & green beans topped with the cooked zucchini/tomatoes and sliced chicken. Garnish with the **parmesan cheese** and a drizzle of **olive oil**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Honey Garlic Shrimp and Cheesy Zucchini Rice

Prep time: 15 min

Cook Time: 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

470 calories

20g fat

620mg sodium



INGREDIENTS: **** Items not included in kit**

Honey Garlic Shrimp

- 1lb. shrimp
- 1.5 TB honey
- 1/2 lemon, juiced
- 1/4 tsp red pepper flakes, or to taste
- 1.5 TB olive oil**
- 3 garlic cloves, minced
- 1 TB butter**
- 1 TB parsley, chopped
- 1/2 lemon, juiced
- Salt & pepper, to taste**

Cheesy Zucchini Rice

- 2 TB butter or olive oil**
- 1 garlic clove, minced
- 2 cups vegetable broth
- 1 cup jasmine rice
- 2 zucchini, shredded
- 1 cup shredded cheddar cheese
- Salt & pepper, to taste**

DIRECTIONS:

1. Honey Sauce: Mix **honey**, **1/2 lemon juiced**, pinch of **salt** and **1/4 tsp red pepper flakes (measure out to your desired spice preference)** in a small bowl. Stir to combine and set aside.
2. Cheesy Zucchini Rice: Rinse the rice in cold water to remove excess starch. Melt **2 TB butter or olive oil** in a large saucepan over medium heat. Add **1 clove minced garlic** and cook stirring for 1 minute. Stir in **2 cups vegetable broth** and rinsed **rice**. Bring to a boil, cover and reduce heat to a simmer and cook for 12 minutes. Remove from heat and stir in **shredded zucchini**, **cheddar cheese** and **salt & pepper to taste**. Stir to combine. Cover for 5 minutes until cheese has melted. Add a TB or so of vegetable broth to adjust consistency as needed. Serve warm.
3. Honey Garlic Shrimp: In a large skillet, add **1.5 TB olive oil** over medium heat and sauté **3 cloves minced garlic** for 1 minute. Add the **shrimp** and toss to combine. Cook stirring frequently for 3-5 minutes until shrimp is no longer pink. Pour in the **Honey Sauce** mixture and **1 TB butter**. Stir to combine. Remove pan from heat and sprinkle with **chopped parsley** and squeeze the **remaining 1/2 lemon juiced**, toss to combine.

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