

# Romesco Chicken & Poblano Pepper

with Currant Couscous

WW™ APPROVED  
DIABETES FRIENDLY

🕒 20-30 MINS | 2 SERVINGS

This flavor-packed dish features our romesco sauce—a bold, Spanish-style sauce made with almonds, roasted red peppers, tomatoes, and garlic—which we’re using to coat a mix of tender chicken, onion, and poblano pepper. It all comes together over a bed of fluffy couscous studded with currants for pops of sweet flavor.



## MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Wine is not included in SmartPoints®



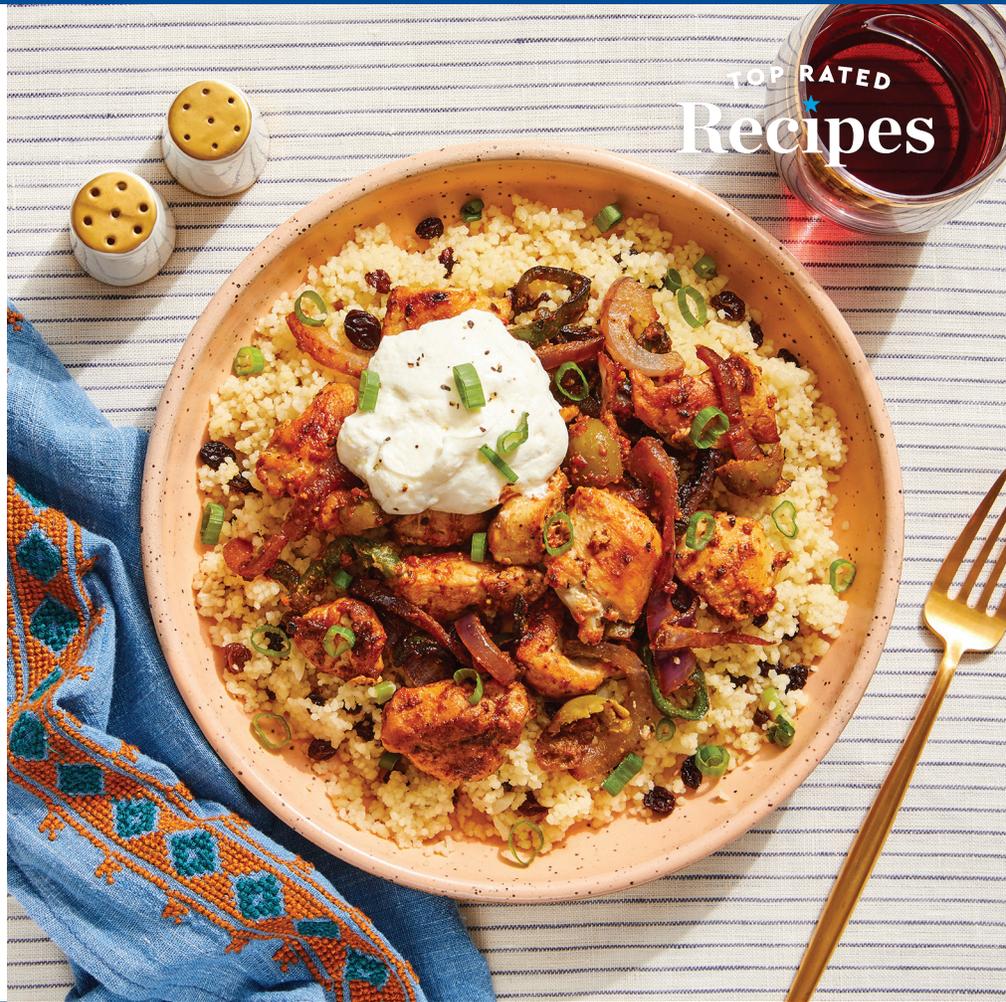
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SmartPoints® value per serving



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TOP RATED  
Recipes

## Ingredients



10 oz  
CHOPPED  
CHICKEN BREAST



1  
POBLANO PEPPER



2  
SCALLIONS



3 Tbsps  
ROMESCO SAUCE\*



1/4 cup  
SOUR CREAM



1/2 cup  
YELLOW  
COUSCOUS



1  
RED ONION



2 cloves  
GARLIC



2 Tbsps  
DRIED CURRANTS



1 oz  
CASTELVETRO  
OLIVES

\*contains almonds



To find out more about Wellness at Blue Apron visit us at [www.blueapron.com/pages/wellness](http://www.blueapron.com/pages/wellness), or for further nutrition information see the Nutrition Facts card.

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To make this recipe diabetes friendly and meet the ADA nutrition guidelines for sodium, it is recommended that no additional salt be added to this recipe when prepared. This recipe is 500mg sodium per serving as packaged.

### 1 Prepare the ingredients:

- Wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Pit and roughly chop the **olives**.
- Halve, peel, and thinly slice the **onion**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands immediately after handling.
- In a large bowl, combine the **sliced onion** and **sliced pepper**.



### 2 Cook the couscous:

- In a small pot, heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **chopped garlic** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **couscous**, **currants**, a **big pinch of salt**, and **¾ cup of water** (carefully, as the liquid may splatter). Stir to combine. Heat to boiling on high.
- Once boiling, turn off the heat. Cover and let stand 6 to 8 minutes, or until the water has been absorbed and the couscous is tender. Fluff with a fork. Taste, then season with salt and pepper if desired.
- Cover to keep warm.



### 3 Cook the chicken & vegetables:

- Meanwhile, pat the **chicken** dry with paper towels; add to the bowl of **sliced onion and pepper**. Season with salt and pepper; stir to coat.
- In a medium pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **seasoned chicken and vegetables** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **chopped olives**. Cook, stirring occasionally, 3 to 4 minutes, or until the vegetables are softened and the chicken is cooked through.
- Turn off the heat. Stir in the **romesco sauce** until thoroughly combined. Taste, then season with salt and pepper if desired.



### 4 Season the sour cream & serve your dish:

- Meanwhile, season the **sour cream** with salt and pepper.
- Serve the **cooked couscous** topped with the **cooked chicken and vegetables** and **seasoned sour cream**. Garnish with the **sliced green tops of the scallions**. Enjoy!



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 600, Total Carbohydrates: 50g, Dietary Fiber: 6g, Added Sugar: 0g, Total Fat: 29g, Saturated Fat: 6g, Protein: 40g, Sodium: 1040mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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