Chicken Dinner

Prep 15 min | **Cook** 25 min | **Total** 45 min | **Serves** 4 | **Difficulty** Easy

A paprika-seasoned chicken and couscous skillet is a satisfying dinner with chickpeas, zucchini and a bright tomato pan sauce. The couscous steams off heat while the chicken simmers until safely cooked.



Ingredients

- 1 lb (454 g) boneless skinless chicken thighs, thawed
- 1 tbsp (15 ml) olive oil
- 1 small onion (100 g), diced
- 1 zucchini (200 g), diced
- 1 can (15 oz / 425 g) chickpeas, drained and rinsed
- 1 cup (240 g) crushed tomatoes
- 1/2 cup (120 ml) chicken broth
- 1 tsp (2 g) smoked paprika
- 1/2 tsp (1 g) ground cumin
- 1 cup (170 g) dry couscous
- 1 cup (240 ml) boiling water
- 2 tbsp (8 g) chopped parsley

Cook's note: *Use quick-cooking couscous in a heat-safe bowl; pour boiling water over it, cover and rest according to package directions. Chicken cooks in the skillet sauce.*

Method

1. Heat oil in a deep skillet. Sear thighs 3 minutes per side until lightly browned; transfer to a plate.

2. Cook onion and zucchini in the skillet for 4 minutes. Stir in paprika and cumin for 30 seconds.

3. Add crushed tomatoes, broth and chickpeas. Return thighs, cover and simmer 12–16 minutes until chicken reaches 165°F (74°C).

4. Meanwhile place couscous in a heat-safe bowl, pour over boiling water, cover and rest 5 minutes. Fluff with a fork.

5. Cut chicken into pieces, return to sauce, and serve over couscous with parsley.

Doneness: *Check the thickest part of each chicken piece with a thermometer; cook to 165°F (74°C).*
Storage: *Refrigerate leftovers promptly in shallow covered containers and use within 3–4 days.*