

Lemon Herb Chicken with Couscous and Cucumber Salad

Jacob · 30/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

4

Description

Lemony couscous and herbed chicken breasts are served with a bright cucumber and feta salad in this weeknight dinner recipe

Ingredients

- - 2 cups chicken broth - 1 teaspoon sea salt
- divided - 1 (10 ounce) box couscous - ½ cup extra-virgin olive oil - 2 lemons
- juiced - 1 tablespoon chopped fresh rosemary leaves - 1 teaspoon dried oregano - 4 (4 ounce) thinly sliced skinless
- boneless chicken breasts - sea salt and freshly ground black pepper to taste - 1 tablespoon extra-virgin olive oil - 1 teaspoon white sugar - 2 large vine-ripened tomatoes
- chopped - 1 English cucumber
- chopped - ¼ red onion
- finely chopped - ½ cup crumbled feta cheese - ? cup chopped pitted Kalamata olives - ¼ cup chopped Italian parsley

Instructions

1. Bring chicken broth and 1/2 teaspoon salt to a boil in a saucepan. Stir in couscous. Remove from the heat
2. cover
3. and let stand until broth is absorbed
4. about 5 minutes. Uncover and fluff with a fork. Meanwhile
5. whisk 1/2 cup oil
6. lemon juice
7. rosemary
8. oregano
9. and remaining 1/2 teaspoon salt together in a bowl to make the dressing. Season chicken breasts on both sides with salt and pepper. Place into a shallow dish and drizzle 1/4 cup dressing over top. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken and cook until golden brown
10. about 3 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Transfer to a large plate. Mix 3 tablespoons dressing with sugar in a large bowl. Add tomatoes
11. cucumber
12. and red onion; toss to combine. Season with salt and pepper. Add feta cheese and toss again. Drizzle remaining dressing over couscous and fold in olives. Divide couscous among four plates. Slice chicken breasts and place over couscous. Serve tomato salad on the side. Garnish the dish with parsley.