

Chicken Couscous Provencal

Ingredients

- 1 medium eggplant, peeled
- 2 tbsp Extra Virgin Olive Oil, divided
- 12 oz boneless, skinless chicken breast halves (about 4)
- 1/2 cup chopped green bell pepper
- 1/3 cup chopped onion
- 1/3 cup chopped celery
- 1 (14.5 oz) can no-salt-added tomatoes, chopped and undrained
- 1 (5.7 oz) package Near East® Herbed Chicken Couscous

How to make it

1. Trim stem and end from eggplant; cut lengthwise into four portions. Cut each portion into 1/4-inch thick slices. Set aside.
2. Heat 1 tbsp olive oil in a large heavy skillet over medium-high heat. Add chicken; cook 3 to 4 minutes on each side, or until golden and no longer pink inside. Remove from skillet, and keep warm.
3. Heat remaining 1 tbsp olive oil in same skillet; add eggplant, green bell pepper, onion, and celery. Sauté 2 minutes, stirring frequently. Drain tomatoes, reserving liquid in a 2-cup measuring cup. Add water to liquid to equal 1 3/4 cups. In medium saucepan, add chopped tomatoes, tomato liquid, contents of Spice Sack, and reserved chicken; bring to a boil. Cover; simmer 5 minutes.
4. Return mixture to a boil; stir in couscous. Cover; remove from heat, and let stand 5 minutes. Fluff couscous lightly with a fork before serving.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	15 min	25 min	4

Made with



Near East® Herbed Chicken Couscous