

Honey Sesame Chicken

Ingredients

- 1/4 cup all-purpose flour
- 1/4 cup sesame seeds
- 2 tbsp Dijon mustard
- 1 tbsp honey
- 4 boneless, skinless chicken breast halves, pounded to 1/8-inch thick
- 2 tbsp olive oil
- 1 5.7 oz package Near East® Herbed Chicken Couscous
- 2 zucchini, halved, quartered and sliced into 1/4-inch pieces (about 2 cups)
- 2 tbsp fresh lemon juice

How to make it

1. In medium bowl, combine flour and sesame seeds; set aside.
2. In small bowl, combine mustard and honey. Brush both sides of chicken breasts with mustard mixture; coat well with sesame seed mixture.
3. Heat olive oil in large skillet; cook chicken over medium heat 4 to 5 minutes each side or until coating is deep golden brown and chicken is no longer pink inside.
4. Meanwhile, prepare couscous as package directs, except add zucchini and lemon juice after stirring couscous in to boiling liquid.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	20 min	30 min	4

Made with



Near East® Herbed Chicken Couscous