

Louisville Moore High School

Garlic Chicken with Couscous and Roasted Veggies

Serves: 6

Ingredients:

Demi:

2 Tbsp More Than Gourmet Roasted Chicken Demi-Glace
8 Tbsp water
4 Tbsp whole black peppercorns, toasted
2 Tbsp fresh rosemary, whole
2 Tbsp white cooking wine

Couscous with quinoa:

2¼ cup quinoa, raw (you can substitute brown rice if desired)
3 1/3 cup low-sodium vegetable broth
4½ Tbsp extra virgin olive oil
1½ lemon juice 1 ½ tablespoons
4 ½ Tbsp Italian flat leaf parsley, finely chopped
¼ tsp kosher salt
1 tsp black pepper
¼ tsp red pepper flakes
¼ lemon zest teaspoon
2 Tbsp fresh green onions, thinly sliced
2 Tbsp fresh basil, chiffonade
¼ cup fresh red peppers, thinly sliced
1 ½ cup quinoa, cooked
¼ cup orange bell pepper, small diced

Quinoa:

1 cup water
½ cup quinoa

Chicken:

4 oz. boneless, skinless chicken breast
½ tsp salt
½ tsp pepper, ground
2 tsp paprika
4 Tbsp unsalted butter, melted
2 tsp Italian seasoning
2 Tbsp fresh parsley, chopped
4 cloves garlic, minced
2 Tbsp olive oil
3 zucchini
3 squash
¼ tsp salt
¼ tsp pepper, ground
¼ tsp Italian seasoning
1 clove garlic, minced
½ Tbsp olive oil

Tomatoes and onions:

¾ cup	red grape tomatoes, halved
1/3 cup	red onion, diced small
½ tsp	Italian seasoning
1/8 tsp	black pepper
1 clove	garlic, minced
¾ cup	yellow grape tomatoes
½ Tbsp	olive oil
pinch	kosher salt

Mushrooms:

1½ cup	cermini mushrooms whole, cut into quarters
1/8 tsp	black pepper
1 clove	garlic, minced
pinch	paprika
½ Tbsp	olive oil
pinch	salt
pinch	rosemary, finely chopped

Instructions:

Demi:

1. Preheat oven to 375 degrees.
2. Mix More Than Gourmet demi base with water in a pan, whisk until combined, then simmer for about 6 minutes.
3. Put peppercorns on a sheet tray and toast in pre-heated oven for 2 minutes or until fragrant. Add rosemary and toast for another minute.
4. Add toasted rosemary and peppercorn to the demi mix and simmer for another 2-3 minutes, then strain out rosemary and peppercorns.
5. Add wine and keep hot at 135 degrees or higher until service, stirring every so often to avoid a film or scorching.

Couscous

1. Rinse couscous under cold water until water runs clear.
2. In a medium saucepan over medium heat, bring broth to a boil.
3. Add couscous, then cover with lid and remove from heat.
4. Let sit 10 minutes, then fluff with a fork.
5. When couscous has been sitting for 5 minutes, toss red and orange bell peppers in ½ Tbsp of olive oil and sauté for 2 minutes.
6. When couscous has rested, add red and orange peppers, olive oil, lemon juice and zest, parsley, basil, green onions, pepper, salt, and pepper flakes.

Quinoa:

1. Combine quinoa and water in a medium pot. Bring to a boil, cover, reduce the heat to low, and simmer for 15 minutes.
2. Remove from the heat and let it sit, covered, for 10 more minutes.
3. Fluff with fork.

Chicken:

1. Preheat oven to 400 degrees.
2. Pat chicken dry with a paper towel.
3. Season chicken breast with some of the salt, pepper, and paprika, and set aside.
4. In a small bowl, mix together paprika, butter, Italian seasoning, parsley, and garlic and set aside.

5. In a skillet, heat olive oil over medium heat. When the skillet is hot, add chicken breast. Pan sear until golden brown, about 1-2 minutes each side.
6. Pour garlic butter mixture over the chicken breast. Place skillet in the oven and bake about 15 minutes or until chicken breast gets to an internal temperature of 165 degrees. Remove from oven.
7. Using a spoon, drizzle some of the butter sauce left in the skillet onto the chicken breast before serving.

Squash:

1. Preheat oven to 400 degrees.
2. Cut zucchini and squash in half lengthwise, then make 45-degree cuts 1/8-inch deep in alternating directions in each half.
3. Put half of the salt onto flesh side of zucchini and squash, and let set for 5 minutes.
4. Pat dry, then toss with garlic, oil, Italian seasoning, and the other half of the salt.
5. Place flesh side of zucchini and squash down on baking sheet, and bake 8-10 minutes until tender but not soggy.

Tomatoes and onions:

1. Preheat oven to 400 degrees.
2. Toss together, place on baking sheet, and roast 6-8 minutes.

Mushrooms:

1. Preheat oven to 400 degrees.
2. Toss together, place on baking sheet, and roast 6-8 minutes.

Nutritional Value: calories: 767, saturated fat: 8g, sodium: 941mg