

Chimichurri Chicken Breast with Mediterranean Couscous **Chef Seth Bromberg, Kantina**

Chicken Breast

Any chicken breast can work. Ideally use a boneless, skinless 5-ounce piece. A bone-in breast or larger piece will be perfect too. Cooking time may vary, so make sure you use a thermometer.

Chimichurri Sauce

1/2 Cup Fresh Parsley
1/2 Cup Fresh Cilantro
3/4 Cup Olive Oil
3 Tablespoon White Vinegar
1/4 Cup Diced Spanish Onion
1 Tablespoon Chopped Garlic
1 Teaspoon Kosher Salt
1 Teaspoon White Sugar
1 Teaspoon Cracked Black Pepper

Place all ingredients into a food processor or blender. Blend or chop on medium setting for about 20 seconds or until all ingredients are evenly blended. Reserve 1/4 cup of the marinade to drizzle on the finished chicken and cous cous.

Place the chicken breasts with chimichurri marinade in a gallon zip lock bag or similar type sealed container. Make sure the chicken is completely covered. Refrigerate for a minimum of 4 hours.

Preheat the oven to 350 degrees. In a medium skillet / frying pan, under medium heat, add 1 1/2 ounce of extra virgin olive oil to the pan. Let the oil heat up until you see a little bit of smoke coming off of the pan. Place the marinated chicken breasts directly into the pan for 3-4 minutes or until a nice sear or until golden brown, then flip and repeat.

Transfer the chicken to the oven in the skillet or into a medium size roaster for approximately 8-10 more minutes. If possible, use a thermometer to ensure the internal temperature reaches 155 degrees. *(Recipe continues on the next page.)*

The cooking show will air beginning at 6:00 p.m. on Sunday, July 26. To view the shows, go to facebook.com/universitycircle or youtube.com/universitycircleinc. Videos will remain on the Circle Connects webpage (universitycircle.org/circleconnects) in case you cannot make the start time.

Chimichurri Chicken Breast with Mediterranean Couscous **Chef Seth Bromberg, Kantina**

Continued from Page 1

Couscous Mis en Place

1 3/4 Cup Chicken Stock
3/4 Cup Couscous
1 Cup Cherry Tomatoes Halved
1/2 Cup Chopped Cucumber
1/2 Cup Green Bell Pepper
1/4 Cup Chopped White Onion
2 Tablespoon Lemon Juice
4 Teaspoon Extra Virgin Olive Oil
1/2 Teaspoon Kosher Salt
1/2 Teaspoon Cracked Black Pepper

Couscous Step by Step Cooking Procedure

Pour chicken stock into a medium saucepan. Turn to medium heat and bring to a boil. Gradually stir in couscous. Remove from heat. Cover and let stand for 5 minutes. Uncover and fluff the couscous with a fork. Combine couscous and all ingredients in a large bowl. Gently mix all ingredients together.

Plate Up

Serve the chicken and couscous on the same plate. Drizzle the reserved marinade on the chicken and the couscous for optimal flavor!

The cooking show will air beginning at 6:00 p.m. on Sunday, July 26. To view the shows, go to facebook.com/universitycircle or youtube.com/universitycircleinc. Videos will remain on the Circle Connects webpage (universitycircle.org/circleconnects) in case you cannot make the start time.