

One-Pan Dijon Chicken and Pearl Couscous with Shallots and Herbs de Provence

BY RITA KOKSHANIAN MASHKOVA

Serves: 4 (or less, depending on how hungry you are)

Cook time: 1 hour and 10 minutes

Active cook time: 25 minutes

Special equipment:

- An oven-safe skillet, such as a cast iron skillet

Ingredients:

- 4 tablespoons extra virgin olive oil, divided into two
- About 1.5 pounds bone-in, skin-on chicken thighs (4 total)
- 1.5 tablespoons herbs de Provence
- 4-6 shallots, peeled and halved
- 1/4 cup dry white wine
- 1 tablespoon Dijon mustard
- 1 cup pearl couscous
- 2 cups chicken or veggie broth
- Salt & pepper

Mix chicken with 2 tablespoons olive oil, herbs de Provence, salt, and pepper, making sure it's completely coated.

Meanwhile, preheat the oven to 350 degrees. heat the remaining 2 tablespoons olive oil in a large oven-safe skillet. When the oil is ready, place the chicken, skin-side down, in the pan and cook for 5-7 minutes undisturbed. Flip the chicken and continue cooking for another 5 minutes.

Remove chicken from pan and add in the shallots. Cook for about 10 minutes, until starting to brown and soften. Add in white wine and scrape up anything that's stuck to the pan. Stir in mustard, then add in couscous and broth. Season with salt and stir to combine.

Add the chicken thighs back in, nestling them in the couscous mixture, and cover tightly with foil. Bake for 30 minutes, then remove foil and cook for another 10-15 minutes until the chicken reaches an internal temperature of 165. Enjoy, enjoy, enjoy.