



## 2021 PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM WITH BOBBY DEEN

### CHICKEN BREASTS WITH BASIL TOMATO COUSCOUS

4 bone-in split chicken breasts, halved  
crossway

Salt + pepper

1 tablespoon vegetable oil

1 ¼ cup chicken broth

1 cup couscous

1 diced tomato

3 scallions

3 tablespoons basil or parsley

1 tablespoon lemon juice

¼ teaspoon red pepper flakes

1. Pat chicken dry and season with salt and pepper.
2. Heat oil in skillet until just smoking. Cook chicken skin side down until brown, about 5 minutes. Reduce the heat and cover. Cook about 15 minutes or until internal temperature reaches 160 degrees.
3. Put chicken on a platter or cutting board. Tent loosely with foil.
4. For the couscous, bring broth to a boil in a saucepan and add couscous. Cover and remove from heat. Let stand.
5. Stir in tomato, scallion, basil, lemon juice and red pepper flakes.
6. Add salt and pepper to taste.
7. Enjoy!