

Hey, long time no see! Welcome back to

# FLOW LIFE SKILLZ!

It's been a minute since we've done a recipe, huh? So here's an easy yummy one pot creamy chicken couscous recipe!



flow



As always, here's your list of ingredients:



CHICKEN THIGHS



CHICKEN STOCK



WHITE PEARL COUSCOUS



SUNDRIED TOMATOES



KALE



4 CLOVES OF GARLIC



1 SHALLOT



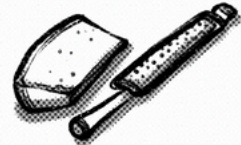
HEAVY WHIPPING CREAM



PESTO



PARM





First, get out ya chopping knife. Cut up your chicken into bite sized pieces (don't worry too much about cutting the fat off the chicken, it'll cook down in the pot).



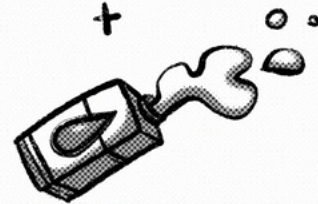
CHICKEN

+



GARLIC + SHALLOT

+



OLIVE OIL



Throw that into a big pot along with your garlic + shallot (finely chopped), along with some olive oil and let it cook.



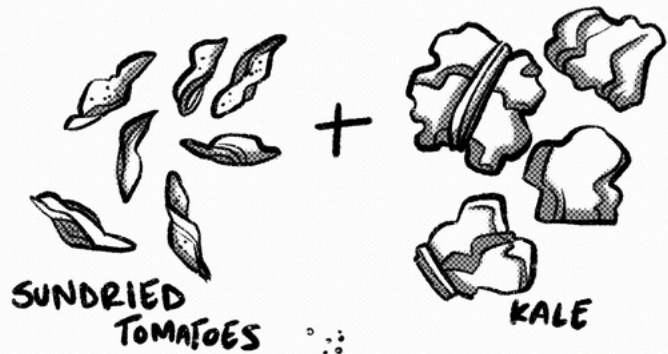
Once your chicken has browned, measure out a cup of couscous + a cup and a half of chicken stock and toss that right into your pot.

Put a lid on it and let that simmer until most of the liquid has cooked down.



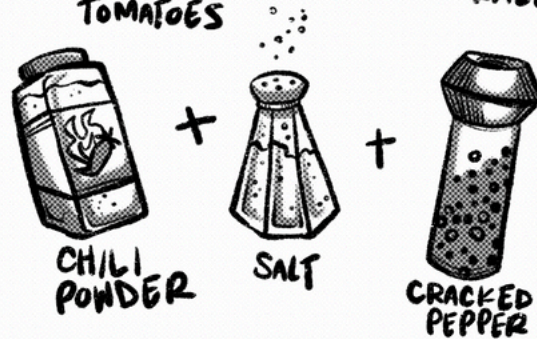


Coarsely chop up a ton of sundried tomatoes and kale and toss those in there as that cooks.



SUNDRIED TOMATOES

KALE



CHILI POWDER

SALT

CRACKED PEPPER



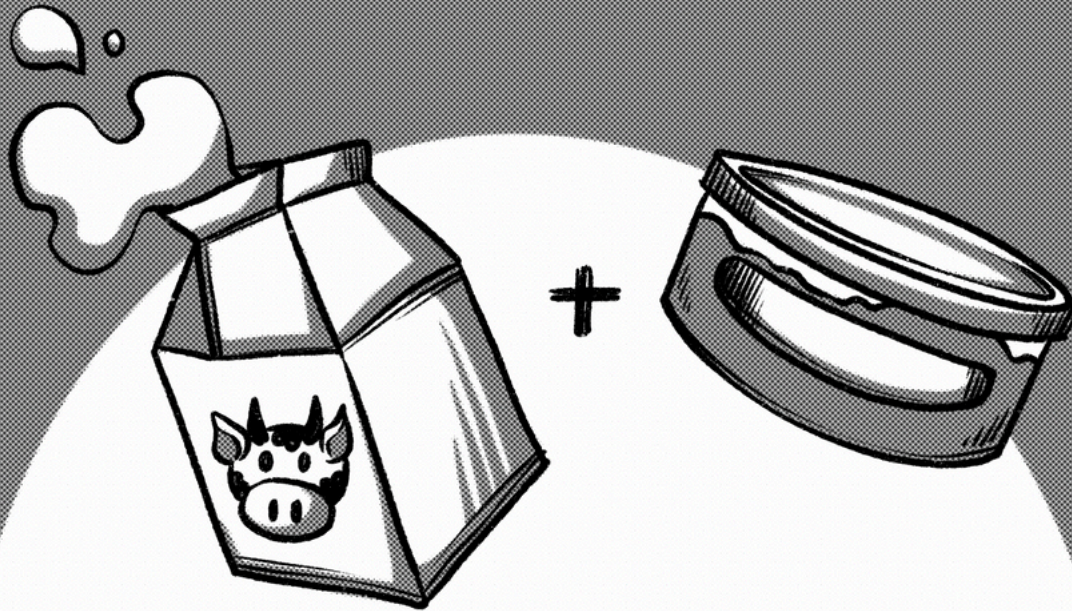
OREGANO

SMOKED PAPRIKA

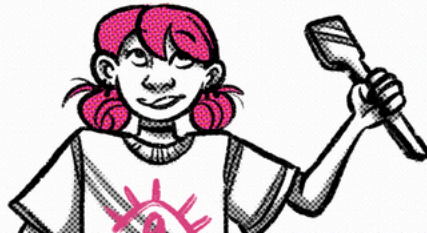
As you go, you should be adding a butt-ton of spices + seasoning. Use what you want but here's some of my recs.







Then, once that kale has cooked down & wilted, take the lid off the pot and toss in all of your pesto & a few splashes of your heavy cream. Stir all of that up!





Put that yumminess  
in a big ol' bowl  
and then top  
that sucker with  
a mountain of  
fresh-grated parm.  
You're welcome in  
advance!

GRATE  
GRATE  
GRATE  
GRATE

