

Grape and Rosemary Chicken with Couscous

Juicy roasted grapes burst into a savory-sweet pan sauce alongside tender chicken and fragrant rosemary. Fluffy couscous soaks up the juices for a satisfying one-person main dish.



Main Dish

30 min

Total time

Medium

Difficulty

590

kcal / serving

Nutrition per serving (estimated)

Protein 38 g

Carbs 64 g

Fat 19 g

Fiber 4 g · Sugar 20 g · Sodium 620 mg

Ingredients

- 1 boneless, skinless chicken thigh (about 150 g)
- 1 cup seedless red grapes
- 1/3 cup dry couscous
- 1/3 cup low-sodium chicken broth
- 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar
- 1/2 teaspoon chopped fresh rosemary
- 1 small garlic clove, minced
- 1 tablespoon crumbled feta
- Salt and black pepper

Substitutions

Chicken thigh – Boneless, skinless chicken breast of similar size; check doneness by cutting into the thickest part.

Couscous – An equal volume of quick-cooking bulgur, prepared according to its package directions.

Feta – Crumbled goat cheese.

Fresh rosemary – 1/4 teaspoon dried thyme.

Drink pairing

A dry rosé

Its refreshing acidity complements the juicy grapes and savory rosemary without overpowering the chicken.

0% option: Sparkling water with a squeeze of lemon.

Steps

- 1 Pat the chicken dry and season both sides with salt and pepper. Heat the olive oil in a small oven-safe skillet over medium heat.
- 2 Brown the chicken for about 3 minutes on each side, then transfer it to a plate. Add the grapes and garlic to the skillet; cook for 2 minutes, stirring gently.
- 3 Stir in the balsamic vinegar and rosemary. Return the chicken to the skillet and roast until the chicken is cooked through and the grapes have softened and begun to wrinkle, about 12–15 minutes.
- 4 Meanwhile, bring the broth to a boil in a small saucepan. Stir in the couscous, cover, remove from the heat, and let stand for 5 minutes. Fluff with a fork.
- 5 Serve the chicken and grapes over the couscous, spoon over the pan juices, and finish with feta.

Chef's tips

- Choose firm, unblemished grapes; very soft grapes can collapse into a jammy sauce.
- An oven-safe skillet avoids transferring the browned chicken and grapes to another pan.
- For a fuller plate, serve with a crisp green salad dressed with lemon.

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot; the couscous may soften as it sits.

Frequently asked questions

Can I make this without an oven-safe skillet?

Yes. After browning, move the chicken and grape mixture to a small baking dish for roasting.

How can I tell when the grapes are ready?

They should look softened and slightly wrinkled, with some juices collected in the pan.

Can I prepare any part ahead?

You can measure the couscous ingredients and mince the garlic and rosemary ahead. For the best texture, cook the chicken and grapes close to serving time.