



MAY
2016

Apricot-Glazed Chicken

with Thyme-Roasted Potatoes and Carrots

Crispy-skinned chicken is delicious enough on its own, but we're upping the ante even further with a sweet-and-spicy apricot glaze. A touch of chili flakes on these carrots gives them an unexpected zing. If you're not keen on spice, simply scale back the chili flakes.



Prep: 10 min
Total: 30 min



level 1



nut
free



gluten
free



dairy
free



Chicken Breasts



Carrots



Yukon Potatoes



Apricot Jam



Chili Flakes



Thyme



Chicken Stock
Concentrates



Shallots



Lemon

Ingredients

Chicken Breasts	24 oz
Carrots	24 oz
Yukon Potatoes	24 oz
Apricot Jam	2 T
Chili Flakes 	1 t
Thyme	½ oz
Chicken Stock Concentrates	2
Shallots	2
Lemon	1
Olive Oil*	4 t

4 People

*Not Included

Allergens

None

Tools

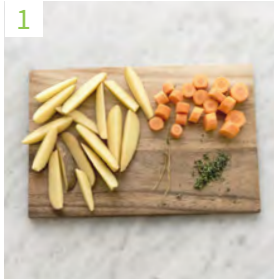
Peeler, 2 Baking sheets,
Large oven-proof pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 646 cal | Fat: 30 g | Sat. Fat: 7 g | Protein: 37 g | Carbs: 61 g | Sugar: 17 g | Sodium: 455 mg | Fiber: 11 g

1



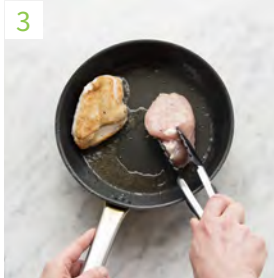
1 Prep: Wash and dry all produce. Preheat the oven to 450 degrees. Cut the **potatoes** into ¼-inch wedges. Peel and cut the **carrots** into ½ inch coins. Strip half the **thyme leaves** off the **sprigs**; set the remaining sprigs aside.

2



2 Roast the carrots and potatoes: Toss the **potatoes** and **carrots** on separate baking sheets, each with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss the **potatoes** with the **thyme leaves** and the **carrots** with a pinch of **chili flakes** (feel free to leave them off for the kids). Place both sheets in the oven for 20-25 minutes, tossing halfway through cooking until golden brown.

3



3 Sear the chicken: Heat a large drizzle of **olive oil** in a large oven-proof pan over medium-high heat. Pat dry the chicken with a paper towel. Season the **chicken breasts** on all sides with **salt** and **pepper**. Add the **chicken** to the pan, skin-side down, and cook for 6-8 minutes, reducing the heat if necessary, until golden brown and crispy. Flip over and place the chicken onto the baking sheet with the **carrots**. Finish cooking in the oven for 7-10 minutes, or until the juices run clear when pierced with a knife. Set aside to rest for about 5 minutes.

5



4 Prep the remaining ingredients: While the **chicken** cooks, halve, peel, and thinly slice the **shallots**. Cut the **lemon** into wedges.

5 Make the glaze: Heat the same pan you used for the **chicken** over medium-high heat. Add the **shallot** and a small pinch of **chili flakes** (if desired) to the pan and cook, tossing for 2-3 minutes, until soft. Add **1 cup water** and the **chicken stock concentrates**, scraping up any browned bits from the bottom of the pan. Bring to a simmer, then add the **thyme sprigs** and **2 Tablespoons apricot jam**; stir to thoroughly combine. Simmer until thickened to a glaze consistency, for about 3-4 minutes. Taste and season with **salt**, **pepper**, and the juice of two **lemon wedges**. **TIP:** If you want your glaze spicier, add more **chili flakes**!

6 Plate and serve: Serve the **apricot-glazed chicken** on a bed of **thyme-roasted potatoes** and **carrots**, then drizzle with the **apricot glaze**. Serve with a wedge of **lemon** and enjoy!

Share your masterpiece!

Tag your photos with

#HelloFreshPics and share

on you'll be entered into

our weekly photo contest!

