



APRICOT, ALMOND & CHICKPEA TAGINE

with Zucchini, Basmati Rice & Chermoula

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Onion



¼ oz | ¼ oz
Cilantro



1 Clove | 2 Cloves
Garlic



1 | 1
Lemon



1 | 1
Jalapeño



1 | 2
Zucchini



1 | 2
Chickpeas



½ Cup | 1 Cup
Basmati Rice



2 | 4
Veggie Stock
Concentrates



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 TBSP | 2 TBSP
Tunisian Spice
Blend



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



1 oz | 2 oz
Dried Apricots



1 tsp | 1 tsp
Hot Sauce



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 1120



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 940



HELLO FRESH

HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

THE RICE IS RIGHT

Fluffing rice right before serving is a simple (but essential!) step. Why go through the trouble? Running a fork through the mixture helps make sure each grain keeps its individual texture, yielding light and tender results.

BUST OUT

- Zester
- Strainer
- Small pot
- 2 Small bowls
- Large pan
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP (1 tsp | 1 tsp)
- Olive oil (2 TBSP | 3 TBSP)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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*Chicken is fully cooked when internal temperature reaches 165°.



1 PREP

- **Wash and dry produce.**
- Halve, peel, and dice **onion**. Mince **cilantro**. Peel and mince or grate **garlic**. Zest and halve **lemon**. Mince **jalapeño**, removing ribs and seeds for less heat. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Drain and rinse **chickpeas**.



4 COOK VEGGIES

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **zucchini** and **remaining onion**. Cook, stirring, until softened and lightly browned, 5-7 minutes (7-10 minutes for 4 servings).
- Add **Tunisian Spice Blend**, **remaining garlic**, and a **big pinch of salt**. Cook, stirring, until fragrant, 1-2 minutes.

Use pan used for chicken here.



2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **¼ of the onion**; cook, stirring, until just softened, 2-3 minutes.
- Stir in **rice**, **¾ cup water** (1½ cups for 4 servings), **one of the stock concentrates** (two for 4), and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



5 SIMMER TAGINE

- Add **⅓ cup water** (⅔ cup for 4 servings) and **remaining stock concentrate** to pan.
- Stir in **chickpeas** and bring **tagine** to a low simmer. Cook until liquid has slightly reduced, 1-2 minutes.
- Reduce heat to low; stir in **1 TBSP butter** (2 TBSP for 4) until melted. Season with **salt** and **pepper**.



3 MIX CHERMOULA & CREMA

- While rice cooks, in a small bowl, combine **cilantro**, **2 TBSP olive oil** (3 TBSP for 4 servings), a **pinch of garlic**, **salt**, and **pepper**. Add **lemon juice** to taste and as much **jalapeño** as you like. Taste and add more garlic if desired.
- In a separate small bowl, combine **sour cream**, a **pinch of salt**, and as much **lemon zest** as you like. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.

Pat **chicken*** dry with paper towels; season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter** (2 TBSP for 4 servings). Season with **salt** and **pepper**.
- Divide rice between plates and top with **tagine**, **almonds**, and **apricots**. (TIP: **Toast almonds before adding if you like.**) Drizzle with **lemon crema** and **chermoula**. Drizzle with **hot sauce** if desired. Cut any **remaining lemon** into wedges and serve on the side.

Thinly slice **chicken** crosswise. Top **rice** with chicken along with **tagine**, **almonds**, and **apricots**.

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