



APRICOT, ALMOND & CHICKPEA TAGINE

with Zucchini, Basmati Rice & Chermoula

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Onion



¼ oz | ¼ oz
Parsley



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?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

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



10 oz | 20 oz
Chopped Chicken
Breast

Calories: 1130



10 oz | 20 oz
Ground Beef**

Calories: 1310



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



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

The key to tender rice? Simmer until no water remains (no peeking!), then let it sit covered off heat so the moisture redistributes.

BUST OUT

- Zester
- Strainer
- Small pot
- 2 Small bowls
- Large pan
- 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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1 PREP

- **Wash and dry produce.**
- Halve, peel, and dice **onion**. Mince **parsley**. 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**.



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), **half the stock concentrates**, 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.

- 🇸🇬 Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **beef*** and season with **salt** and **pepper**. Cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.
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3 MIX CHERMOULA & CREMA

- While rice cooks, in a small bowl, combine **parsley**, **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.



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 or beef here.
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5 SIMMER TAGINE

- Add **⅓ cup water** (⅔ cup for 4 servings) and **remaining stock concentrate** to pan with **veggies**.
- 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**.



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.

- 🇸🇬 Serve **chicken** or **beef** atop **rice**.
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🇸🇬 *Chicken is fully cooked when internal temperature reaches 165°.

🇯🇵 *Ground Beef is fully cooked when internal temperature reaches 160°.