



# 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  
OR GIVE US A CALL AT (646) 846-3663.



## 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 Turkey

Calories: 1200



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





## HELLO

### TAGINE

Our quick-cooking riff on the slow-simmering Moroccan stew.

### 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.

### HOW WAS YOUR MEAL?



Scan here to rate your recipe!

Share your #HelloFreshPics with us @HelloFresh



### 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**.



### 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 turkey 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), **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 **turkey\*** 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.



### 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**.



### 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.



### 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 **turkey** atop **rice**.



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

🇸🇬 \*Ground Turkey is fully cooked when internal temperature reaches 165°.