



# APRICOT, ALMOND & CHICKPEA TAGINE

with Zucchini, Basmati Rice & Chermoula

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Yellow Onion



¼ oz | ¼ oz  
Cilantro



1 Clove | 2 Cloves  
Garlic



1 | 1  
Lemon



1 | 1  
Jalapeño



1 | 2  
Zucchini



13.4 oz | 26.8 oz  
Chickpeas



½ Cup | 1 Cup  
Basmati Rice



2 | 4  
Veggie Stock Concentrates



4 TBSP | 8 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



## HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz  
Chicken Breast Strips

Calories: 1140



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 950



HELLO

## TAGINE

Our quick-cooking riff on the slow-simmering stew from Morocco, named for the conical pot it's traditionally cooked in

### THE RICE IS RIGHT

Fluffing rice right before serving is a simple (but essential!) step. Why go through the trouble? A fork 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
- Kosher salt
- Black pepper
- Olive oil (3 TBSP | 4 TBSP)
- Butter (2 TBSP | 4 TBSP)  
Contains: Milk
- Paper towels 🔄
- Cooking oil (1 tsp | 1 tsp) 🔄

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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 1/2-inch-thick half-moons. Drain and rinse **chickpeas**.



### 4 COOK VEGGIES

- Heat a **large drizzle of olive 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**, **remaining garlic**, and a **big pinch of salt**. Cook, stirring, until fragrant, 1-2 minutes.

🔄 Use pan used for chicken and **remaining Tunisian Spice** here.



### 2 COOK RICE

- Heat a **drizzle of olive oil** in a small pot over medium-high heat. Add **1/4 of the onion**; cook, stirring, until just softened, 2-3 minutes.
- Stir in **rice**, **3/4 cup water (1 1/2 cups for 4 servings)**, **half the stock concentrates (you'll use the rest later)**, 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

- Pour **1/3 cup water (2/3 cup for 4 servings)** and **remaining stock concentrates** into pan.
- Stir in **chickpeas** and bring to a low simmer. Cook until liquid has reduced slightly, 1-2 minutes.
- Reduce heat to low; stir in **1 TBSP butter (2 TBSP for 4)** until melted. Season with **salt and pepper**.



### 3 MAKE CHERMOULA & SAUCE

- 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. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer and season with **salt**, **pepper**, and **half the Tunisian Spice (you'll use the rest in the next step)**. Cook, stirring occasionally, until browned and cooked through, 4-6 minutes. Remove from pan and set aside.



### 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 **creamy lemon sauce** and **chermoula**. Drizzle with **hot sauce** if desired. Cut any **remaining lemon** into wedges; serve on the side.

🔄 Serve **chicken** atop **rice**.

WK 1-3