



Apricot-Harissa Chicken Stir-Fry

with Bulgur and Toasted Almonds

Spicy

Quick

25 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

-  Chicken Tenders
-  Chicken Thighs
-  Bulgur Wheat
-  Sweet Bell Pepper
-  Yellow Onion
-  Baby Spinach
-  Almonds, sliced
-  Apricot Spread
-  Soy Sauce
-  Cornstarch
-  Harissa Spice Blend
-  Chicken Broth Concentrate

HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, small non-stick pan, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|---------------------------|----------|----------|
| Chicken Tenders * | 310 g | 620 g |
| Chicken Thighs * | 280 g | 560 g |
| Bulgur Wheat | ½ cup | 1 cup |
| Sweet Bell Pepper | 160 g | 320 g |
| Yellow Onion | 113 g | 226 g |
| Baby Spinach | 56 g | 113 g |
| Almonds, sliced | 28 g | 56 g |
| Apricot Spread | 2 tbsp | 4 tbsp |
| Soy Sauce | 1 tbsp | 2 tbsp |
| Cornstarch | 1 tbsp | 2 tbsp |
| Harissa Spice Blend 🌶️ | 1 tbsp | 2 tbsp |
| Chicken Broth Concentrate | 1 | 2 |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook bulgur

- Add **¾ cup water** (dbl for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, roughly chop **spinach**.
- Add **bulgur** and **spinach** to **boiling broth**, then stir to combine. Cover and remove the pot from heat.
- Let stand until **bulgur** is tender, **liquid** is absorbed and **spinach** is wilted, 16-18 min.
- Fluff **bulgur** with a fork.



Make sauce

- Add **apricot spread**, **soy sauce** and **½ cup water** (¾ cup for 4 ppl) to the pan with **chicken**. Cook, stirring often, until **apricot spread** dissolves, 1 min.



Prep

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Peel, then cut **onion** into ¼-inch slices.
- Pat **chicken** dry with paper towels. Cut into 1-inch pieces on a separate cutting board.

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders**.



Cook stir-fry

- Add **onions** and **peppers** to the pan with **chicken and sauce**. Bring **sauce** to a boil.
- Once boiling, reduce heat to medium-low. Cover and cook, stirring occasionally, until **sauce** thickens slightly, **veggies** are tender-crisp and **chicken** is cooked through, 5-7 min. **
- Season with **salt** and **pepper**, to taste, then stir to combine.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, add **chicken**, **Harissa Spice Blend** and **cornstarch** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 2-3 min per side. (NOTE: Chicken will finish cooking in step 5.)



Finish and serve

- Meanwhile, heat a small non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (TIP: Keep your eye on almonds so they don't burn!) Remove from heat.
- Divide **bulgur** between plates. Top with **stir-fry**.
- Sprinkle **almonds** over top.

Dinner Solved!