

APRICOT, ALMOND & CHICKPEA TAGINE

with Zucchini, Basmati Rice & Chermoula



PREP: 10 MIN COOK: 30 MIN CALORIES: 930

10



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

2 Small bowls

- Zester
- Strainer
 Large pan
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) (5 (5)
- Olive oil (2 TBSP | 3 TBSP)
- Butter (2 TBSP | 4 TBSP)
 Contains: Milk

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Cround Beef is fully cooked when internal temperature reaches 160°.

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



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.
- Heat a drizzle of oil in a large pan over
 medium-high heat. Add beef* or turkey* and season with salt and pepper.
 Cook, breaking up meat into pieces, until browned and cooked through,
 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



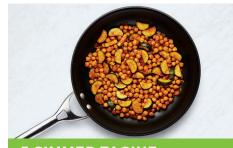
3 MIX CHERMOULA & CREMA

- 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.
- S Use pan used for beef or turkey here.



5 SIMMER TAGINE

- Add 1/3 cup water (2/3 cup for 4 servings) and remaining stock concentrates 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 beef or turkey atop rice.
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