



# APRICOT, ALMOND & CHICKPEA TAGINE

with Zucchini, Basmati Rice & Chermoula

## INGREDIENTS

2 PERSON | 4 PERSON

-  **1 | 1**  
Yellow 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**  
Ground Beef\*\*
-  **10 oz | 20 oz**  
Ground Turkey
- Calories: 1250**
- Calories: 1190**



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 930





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
- 2 Small bowls
- Strainer
- Large pan
- Small pot
- 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

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🍴 \*Ground 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**.



### 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 beef 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.

- 🍴 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.



### 5 SIMMER TAGINE

- Add **½ cup water** (¾ 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**.



### 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 **beef** or **turkey** atop **rice**.



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