



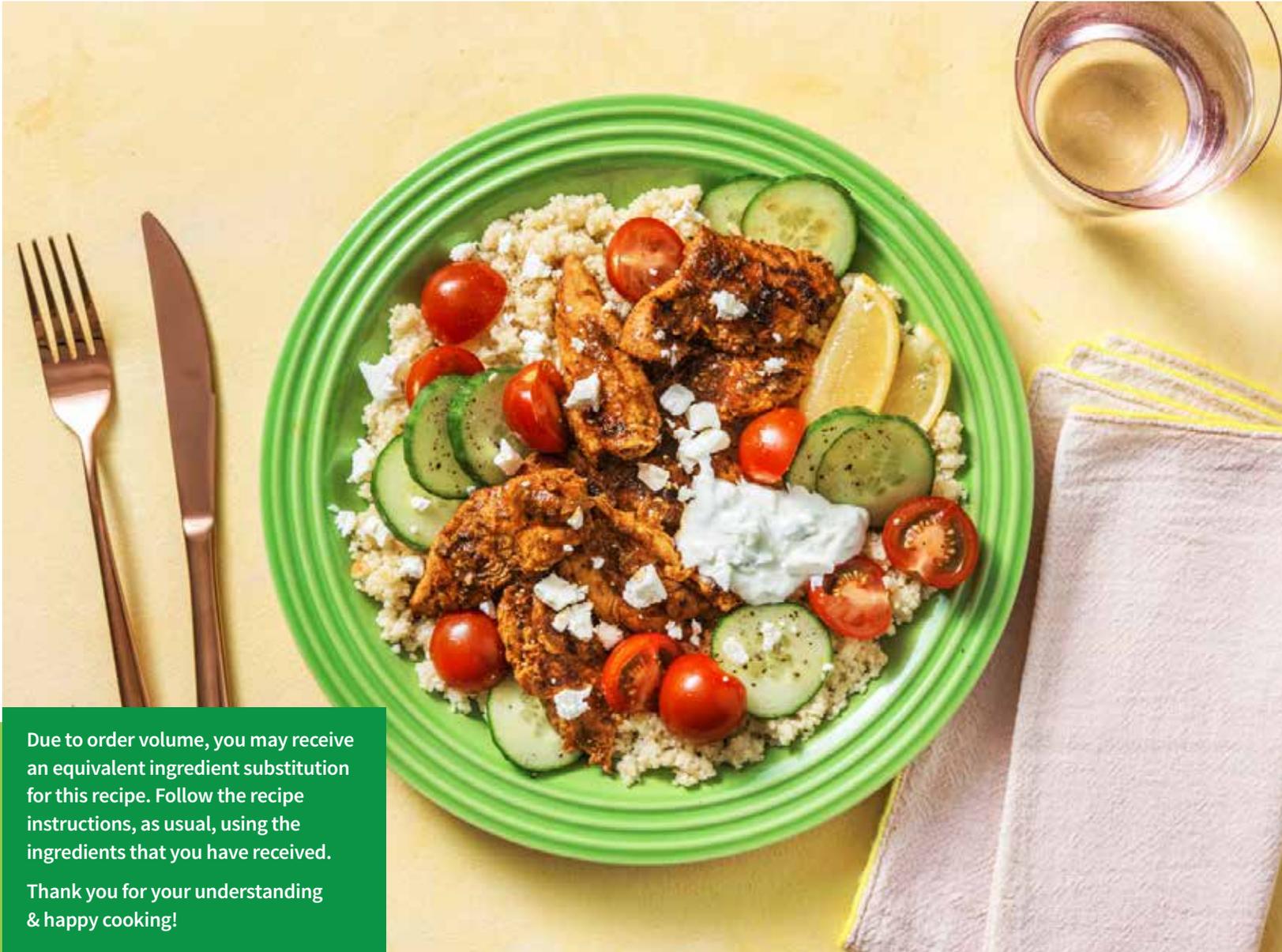
# Spicy Harissa & Apricot Chicken Tenders

with Savoury Couscous, Tzatziki and Feta

20-min

Spicy

20 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

-  Chicken Tenders
-  Couscous
-  Apricot Jam
-  Harissa Paste
-  Mini Cucumber
-  Chicken Broth Concentrate
-  Feta Cheese
-  Greek Yogurt
-  Garlic Salt
-  Cherry Tomatoes
-  Lemon

HELLO APRICOT JAM

*Sweet, sticky and jammy. Perfect for both sweet and savoury dishes!*

## Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

### Heat Guide for Step 2 (dbl for 4 ppl):

- Mild: 1 tsp
- Medium: 2 tsp
- Spicy: 1 tbsp

## Bust Out

Baking sheet, microplane/zester, measuring spoons, box grater, aluminum foil, medium pot, small bowl, measuring cups, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders	340 g	680 g
Couscous	½ cup	1 cup
Apricot Jam	2 tbsp	4 tbsp
Harissa Paste 🍷	1 tbsp	2 tbsp
Mini Cucumber	132 g	264 g
Chicken Broth Concentrate	1	2
Feta Cheese	28 g	56 g
Greek Yogurt	100 g	200 g
Garlic Salt	½ tbsp	1 tbsp
Cherry Tomatoes	113 g	227 g
Lemon	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a min. internal temp. of 74°C/165°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Broil chicken

Pat **chicken** dry with paper towels. Toss **chicken** with **2 tsp harissa paste** and **1 tbsp oil** (dbl both for 4ppl) on a foil-lined baking sheet. (**NOTE:** Reference Heat Guide.) Season with **half the garlic salt** and **pepper**. Broil in the **middle** of the oven, tossing halfway through cooking, until cooked through, 8-10 min.\*\* When **chicken** is done, top with **apricot jam** and toss to coat on baking sheet.



## Make tzatziki

Drain **liquid** from **grated cucumber**. Add **yogurt**, **lemon zest** and **lemon juice**, **½ tsp sugar** (dbl for 4ppl) and **remaining garlic salt** to the bowl with **drained cucumber**. Season with **pepper**. Stir to combine.



## Prep

Grate **half the cucumber** directly into a small bowl. Sprinkle over **¼ tsp salt** (dbl for 4ppl). Thinly slice **remaining cucumber** into rounds. Halve **cherry tomatoes**. Zest and juice **half the lemon**. Cut the **remaining lemon** into wedges.



## Finish & serve

Fluff **couscous** with a fork. Season with **pepper**. Divide **couscous** between bowls, then top with **chicken**, **tomatoes** and **sliced cucumber**. Sprinkle with **feta** and dollop over **tzatziki**. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!



## Cook couscous

In a medium pot, add **⅔ cup water**, **1 tbsp butter** (dbl both for 4 ppl) and **broth concentrate(s)**. Cover and bring to a boil over high heat. Once boiling, remove pot from heat, then add **couscous**. Stir together. Cover and let stand for 5 min.