

# Spicy Harissa and Apricot Chicken Tenders

with Couscous, Tzatziki and Feta

20-min

Spicy



Chicken Tenders



Couscous



Sweet Bell Pepper



Baby Tomatoes



Lemon



Apricot Spread



Harissa Spice Blend



Tzatziki



Chicken Broth Concentrate



Feta Cheese, crumbled



Garlic Salt

## HELLO APRICOT SPREAD

Tart, sweet and perfect for sauces and dressings!

## Start here

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

## Bust out

Baking sheet, medium bowl, measuring spoons, zester, aluminum foil, medium pot, measuring cups, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders ♦	340 g	680 g
Couscous	½ cup	1 cup
Sweet Bell Pepper	160 g	320 g
Baby Tomatoes	113 g	227 g
Lemon	1	1
Apricot Spread	2 tbsp	4 tbsp
Harissa Spice Blend 🍷	1 tbsp	2 tbsp
Tzatziki	56 ml	113 ml
Chicken Broth Concentrate	1	2
Feta Cheese, crumbled	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
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.*

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## Broil chicken

Pat **chicken** dry with paper towels. Add **chicken**, **Harissa Spice Blend**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to a foil-lined baking sheet. Season with **pepper**, then toss to coat. Broil in the **middle** of the oven, flipping halfway, until cooked through, 8-10 min.\*\* When **chicken** is done, top with **apricot spread**, then toss to coat.



## Make salad

Add **tomatoes**, **peppers**, **lemon juice**, **¼ tsp sugar** and **½ tbsp oil** (dbl both for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then stir to combine.



## Prep

While **chicken** broils, halve **tomatoes**. Core, then cut **pepper** into ½-inch pieces. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges.



## Finish and serve

Fluff **couscous** with a fork, then stir in **lemon zest**. Divide **couscous** between bowls, then top with **chicken** and **salad**. Sprinkle with **feta** and dollop **tzatziki** over top. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!



## Cook couscous

Add **¾ cup water**, **1 tbsp butter** (dbl both for 4 ppl), **broth concentrate** and **remaining garlic salt** to a medium pot. Cover and bring to a boil over high heat. Once boiling, remove the pot from heat, then add **couscous**. Stir to combine. Cover and let stand for 5 min, until tender.