



SWEET 'N' SPICY APRICOT CHICKEN

with Lemony Couscous and Green Beans



HELLO

APRICOT GLAZE

Stone-fruit sweetness with a dash of chili heat

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 650



Red Chili



Green Beans



French Couscous
(Contains: Wheat)



Chicken Breasts



Parsley



Meyer Lemon



Walnuts
(Contains: Tree Nuts)



Chicken Stock Concentrate



Apricot Jam

START STRONG

Thoroughly wash your hands, cutting board, and knife after handling the chili to avoid getting heat anywhere you don't want it.

BUST OUT

- Small pot
- Zester
- 2 Large pans
- Oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Red Chili  1 | 1
- Meyer Lemon 1 | 1
- Green Beans 6 oz | 12 oz
- Parsley $\frac{1}{4}$ oz | $\frac{1}{4}$ oz
- Walnuts 1 oz | 2 oz
- French Couscous $\frac{3}{4}$ Cup | 1 $\frac{1}{2}$ Cups
- Chicken Stock Concentrate 1 | 2
- Chicken Breasts 12 oz | 24 oz
- Apricot Jam 1 oz | 2 oz

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 450 degrees. Bring **1 $\frac{1}{2}$ cups water** and **stock concentrate** to a boil in a small pot. Remove veins and seeds from **red chili**, then finely chop. Zest **lemon**, then cut into wedges. Trim **green beans**. Chop **parsley**. Roughly chop **walnuts**. Once water is boiling, add **couscous** to pot. Cover and remove from heat.



4 COOK GREEN BEANS AND WALNUTS

Heat a drizzle of **oil** in another large pan over medium heat. Add **green beans**. Season with **salt** and **pepper**. Cook, tossing, until lightly browned, about 5 minutes. Add half the **lemon zest** and a big squeeze of **lemon juice**. Stir and let cook another 1-2 minutes. Add **walnuts** and cook, tossing, until warmed through, about 1 minute. Remove mixture from pan and set aside.



2 BUTTERFLY CHICKEN

With your hand on top of one **chicken breast**, cut $\frac{3}{4}$ of the way, parallel to cutting board, stopping before you slice through completely. Open it up like a book. Season all over with **salt** and **pepper**. Repeat with other breast.



5 MAKE GLAZE

Heat another drizzle of **oil** in same pan. Add **red chili** (to taste) and cook, tossing, until soft, 2-3 minutes. Pour in $\frac{3}{4}$ **cup water** and bring to a simmer. Stir in **apricot jam** and continue simmering until mixture is thick and sticky, 3-4 minutes. Season to taste with **salt**, **pepper**, and **lemon juice** (start with a squeeze and add more as needed).



3 SEAR AND ROAST CHICKEN

Heat a drizzle of **oil** in a large pan over medium-high heat (use an ovenproof pan if you have one). Add **chicken** in a single layer and cook until browned, 2-3 minutes per side. Transfer pan to oven and roast until chicken is no longer pink in center, 5-6 minutes. **TIP:** Transfer chicken to a baking dish first if your pan isn't ovenproof.



6 FINISH AND SERVE

Fluff **couscous** with a fork, then stir in **parsley**, remaining **lemon zest**, and a few squeezes of **lemon juice**. Slice **chicken breast** into strips. Divide **couscous** between plates, then top with **chicken** and **green bean mixture**. Drizzle **glaze** over chicken and serve.

SENSATIONAL!

Who would've thought that apricot and chili are a perfect pair?