



NOV
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Crispy Skillet Chicken

with Bulgur Paella, Zucchini, and Apricot

There's a lot to love about this one-pot skillet dinner, but crispy bone-in chicken might top the list. Cooked in the style of paella, this bulgur side dish has sweet apricot, zucchini, and carrot folded in for a variety of textures. A sprinkling of parsley and a squeeze of lemon finish the dish with a touch of brightness.



Prep: 10 min
Total: 40 min



level 1



nut
free



dairy
free



Chicken
Thighs



Carrot



Zucchini



Parsley



Lemon



Shallot



Apricot,
Dried



Bulgur



Chicken Stock
Concentrate

Ingredients

	2 People	4 People
Chicken Thighs	16 oz	32 oz
Carrot	1	2
Zucchini	1	2
Parsley	¼ oz	½ oz
Lemon	1	2
Shallot	1	2
Apricot, Dried	1½ oz	3 oz
Bulgur	½ Cup	1 Cup
Chicken Stock Concentrate	1	2
Olive Oil*	1 TBSP	2 TBSP

*Not Included

Allergens

1) Wheat

Tools

Peeler, Zester,
Large ovenproof pan

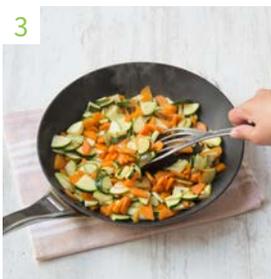
Nutrition per person Calories: 777 cal | Fat: 36 g | Sat. Fat: 10 g | Protein: 53 g | Carbs: 62 g | Sugar: 17 g | Sodium: 409 mg | Fiber: 15 g



1 Prep the ingredients: Wash and dry all produce. Preheat oven to 425 degrees. Peel, halve, and thinly slice the **carrot** into half moons. Mince the **shallot**. Quarter the **zucchini** lengthwise then thinly slice. Roughly chop the **apricots**. Zest and halve the **lemon**.



2 Start the chicken: Heat a **drizzle of olive oil** in a large ovenproof pan over medium-high heat. Season the **chicken** on both sides with **salt** and **pepper**. Add to the pan, skin side down, and cook 3-4 minutes, until deeply golden brown. Flip to cook 2-3 minutes on the other side. Set the **chicken** aside—we'll finish cooking it later.



3 Cook the veggies: In the same pan, heat another **drizzle of olive oil** over medium heat. Add the **carrot** and **zucchini** and cook, tossing, 6-7 minutes, until golden brown and tender. Season with **salt** and **pepper** and set aside.



4 Start the paella: In the same pan, heat another **drizzle of olive oil**. Add the **shallot** and cook, tossing, 2-3 minutes, until softened. Add the **bulgur** and **apricot** and stir to coat. Add **1¼ cups water** and the **stock concentrate** to the pan. Bring to a boil, then stir in the **carrots, zucchini,** and **lemon zest**. **TIP:** If you don't have an ovenproof pan, transfer to a baking dish at this point.

5 Transfer: Add the **chicken** back to the pan, skin-side up, and transfer to the oven for 7-10 minutes. While it cooks, chop the **parsley** and cut the **lemon** into wedges.

6 Garnish and serve: Sprinkle the **bulgur paella** with **parsley** and serve with **lemon wedges**. Serve straight from the skillet and enjoy!

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