



Cooking Made Easy

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Apricot-Glazed Chicken with Couscous & Swiss Chard



A double whammy of apricot jam and dried apricot makes for a delightfully sweet and sticky glaze. To balance its sweetness, we're cooking this sauce with savory chicken stock and sharp red onion. Folding tender Swiss chard into hot couscous is a great 2-minute trick for getting more greens into your meals!



40 min



level 1



nut free



lactose free



Chicken Breast



Apricot Jam



Red Onion



Couscous



Stock Concentrate



Swiss Chard



Dried Apricots



Garlic



Parsley

Ingredients	2 People	4 People
Chicken Breast	2	4
Couscous	1) ½ C	1 C
Red Onion	1	2
Dried Apricots	1 ½ oz	3 oz
Stock Concentrate	1	2
Parsley	1 bunch	2 bunches
Swiss Chard	1 bunch	2 bunches
Garlic	2 cloves	4 cloves
Apricot Jam	1 T	2 T
Olive Oil*	2 T	4 T

*Not Included

Allergens

1) Wheat

Tools

Large Pan, Medium Pot

Nutrition per person Calories: 687 cal | Carbs: 65 g | Fat: 26 g | Protein: 48 g | Fiber: 7 g

Ruler

0 in ¼ in ½ in ¾ in 1 in



1 Halve, peel, and dice **half the red onion**, then thinly slice the **remaining half**. Mince or grate the **garlic**. Finely chop the **parsley**. Trim and discard the bottom inch of the **Swiss chard**, then thinly slice the into ribbons. Coarsely chop the **dried apricots**. Cut the **chicken** into 1-inch pieces.



2 Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **sliced red onion** and cook, tossing, for about 5 minutes, until softened.



3 Meanwhile, heat 1 tablespoon **olive oil** in a medium pot over medium heat. Add the **diced red onion** to the pot and cook, tossing, 3-4 minutes, until softened. Add 1 cup **water** and a large pinch of **salt** to the pot and bring to boil. Once boiling, add the **couscous**, cover, and remove from heat. Let stand, covered, for 5 minutes.



4 While the couscous cooks, season the **chicken** with **salt** and **pepper** on both sides, then add to the pan with the sliced onion. Cook, tossing, until golden brown but not yet cooked through, 2-3 minutes. Add the **garlic** to the pan and cook for 30 seconds, until fragrant.

5 Stir the **Swiss chard** and **half the parsley** into the couscous and cover, about 2-3 minutes, to wilt. Season with **salt** and **pepper**.

6 Add ½ cup **water** and the **stock concentrate** to the pan with the chicken. Bring to a boil, then reduce to a simmer and cook until sauce is reduced by half, about 2-3 minutes. Stir in 1 tablespoon **apricot jam** and the **chopped apricots** and toss to coat. Season with **salt** and **pepper**, if necessary.

7 Plate the **couscous** and top with the **chicken and apricot mixture**. Garnish with **remaining parsley** and enjoy!