HELLO FRESH

INGREDIENTS

2 PERSON | 4 PERSON

1 | 1 Onion	**¼ oz | ¼ oz** Parsley	**1 Clove | 2 Cloves** Garlic
1 | 1 Lemon	**1 | 1** Jalapeño	**1 | 2** Zucchini
1 | 2 Chickpeas	**½ Cup | 1 Cup** Basmati Rice	**2 | 4** Veggie Stock Concentrates
3 TBSP | 6 TBSP Sour Cream Contains: Milk	**1 TBSP | 2 TBSP** Tunisian Spice Blend	**½ oz | 1 oz** Sliced Almonds Contains: Tree Nuts
1 oz | 2 oz Dried Apricots	**1 tsp | 1 tsp** Hot Sauce	

ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

HelloCustom

If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.

10 oz | 20 oz Shrimp Contains: Shellfish	**10 oz | 20 oz** Chopped Chicken Breast
Calories: 1060	Calories: 1130

APRICOT, ALMOND & CHICKPEA TAGINE
with Zucchini, Basmati Rice & Chermoula

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 940

HELLO FRESH

HELLO

TAGINE

Our quick-cooking riff on the slow-simmering Moroccan stew.

THE RICE IS RIGHT

The key to tender rice? Simmer until no water remains (no peeking!), then let it sit covered off heat so the moisture redistributes.

BUST OUT

- Zester
- Strainer
- Small pot
- Paper towels 🔵🟠
- 2 Small bowls
- Large pan

- Kosher salt
- Black pepper
- Cooking oil (**1 TBSP** | **1 TBSP**) (**1 tsp** | **1 tsp**) 🔵🟠
- Olive oil (**2 TBSP** | **3 TBSP**)
- Butter (**2 TBSP** | **4 TBSP**)
  Contains: Milk

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🔵 *Shrimp are fully cooked when internal temperature reaches 145°.

🟠 *Chicken is fully cooked when internal temperature reaches 165°.

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1 PREP

- **Wash and dry produce.**
- Halve, peel, and dice **onion**. Mince **parsley**. Peel and mince or grate **garlic**. Zest and halve **lemon**. Mince **jalapeño**, removing ribs and seeds for less heat. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Drain and rinse **chickpeas**.

2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **¼ of the onion**; cook, stirring, until just softened, 2-3 minutes.
- Stir in **rice**, **¾ cup water (1½ cups for 4 servings)**, **half the stock concentrates**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.
- 🔵 Rinse **shrimp*** under cold water. Pat 🟠 shrimp or **chicken*** dry with paper towels; season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Once pan is hot, add shrimp or chicken and cook, stirring occasionally, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.

3 MIX CHERMOULA & CREMA

- While rice cooks, in a small bowl, combine **parsley**, **2 TBSP olive oil** (**3 TBSP for 4 servings**), a **pinch of garlic**, **salt**, and **pepper**. Add **lemon juice** to taste and as much **jalapeño** as you like. Taste and add more garlic if desired.
- In a separate small bowl, combine **sour cream**, a **pinch of salt**, and as much **lemon zest** as you like. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.

4 COOK VEGGIES

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **zucchini** and **remaining onion**. Cook, stirring, until softened and lightly browned, 5-7 minutes (**7-10 minutes for 4 servings**).
- Add **Tunisian Spice Blend**, **remaining garlic**, and a **big pinch of salt**. Cook, stirring, until fragrant, 1-2 minutes.
- 🔵 Use pan used for shrimp or chicken here.
🟠

5 SIMMER TAGINE

- Add **⅓ cup water (⅔ cup for 4 servings)** and **remaining stock concentrate** to pan with **veggies**.
- Stir in **chickpeas** and bring **tagine** to a low simmer. Cook until liquid has slightly reduced, 1-2 minutes.
- Reduce heat to low; stir in **1 TBSP butter** (**2 TBSP for 4**) until melted. Season with **salt** and **pepper**.

6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter** (**2 TBSP for 4 servings**). Season with **salt** and **pepper**.
- Divide rice between plates and top with **tagine**, **almonds**, and **apricots**. (TIP: Toast almonds before adding if you like.) Drizzle with **lemon crema** and **chermoula**. Drizzle with **hot sauce** if desired. Cut any **remaining lemon** into wedges and serve on the side.
- 🔵 Serve **shrimp** or **chicken** atop **rice**.
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WK 14-10