

















APRICOT, ALMOND & CHICKPEA TAGINE

with Zucchini, Basmati Rice & Chermoula

HALL OF FAME

INGREDIENTS

2 PERSON | 4 PERSON

-  **1 | 1**
Yellow 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
Calories: 1070

-  **10 oz | 20 oz**
Chicken Breast Strips
Calories: 1130



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 930



HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

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
- 2 Small bowls
- Large pan (or 2 large pans) 🍳 🍳
- Paper towels 🍳 🍳
- 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

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com

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

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



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**.



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.

- 🍳 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 second large pan over medium-high heat. Add chicken or shrimp in a single layer; cook, stirring occasionally, until cooked through, 4-6 minutes.



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.



5 SIMMER TAGINE

- Add **½ cup water (¾ cup for 4 servings)** and **remaining stock concentrates** 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**.



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.



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.

- 🍳 Top bowls with **shrimp** or **chicken**.