

# **APRICOT, ALMOND & CHICKPEA TAGINE**

with Zucchini, Basmati Rice & Chermoula

#### HALL OF FAME



PREP: 10 MIN COOK: 30 MIN CALORIES: 930

9



#### **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
- Large pan (or 2 large pans) 😔 😌
- Strainer Small pot
- 2 Small bowls
- 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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s \*Shrimp are fully cooked when internal temperature reaches 145

Chicken is fully cooked when internal temperature



# **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.



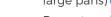
#### **2 COOK RICE**

- 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, 3/4 cup water (11/2 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.



## **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.



# • Paper towels 😔 😔



- · 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 B shrimp or **chicken**<sup>\*</sup> dry with paper 6 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.



# **5 SIMMER TAGINE**

- Add <sup>1</sup>/<sub>3</sub> cup water (<sup>2</sup>/<sub>3</sub> 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.



# **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**. 6