

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.



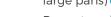
2 COOK RICE

- 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**^{*} 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 ¹/₃ cup water (²/₃ 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