



APRICOT-SUMAC CHICKEN

with Roasted Veggies, Lemony Bulgur & Almonds

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



1 | 2
Yellow Onion



1 Clove | 2 Cloves
Garlic



1 | 1
Lemon



1 tsp | 2 tsp
Chili Powder



2 | 4
Chicken Stock Concentrates



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



10 oz | 20 oz
Chicken Cutlets



1 | 2
Apricot Jam



1 tsp | 2 tsp
Sumac



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



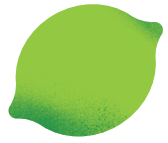
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HELLO

SUMAC

A bright and tart Middle Eastern
spice that adds lemony tang

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 650



HELLO FRESH

FLUFF STUFF

Fluffing bulgur with a fork before serving is an essential step that helps the grains retain a light and tender texture.

BUST OUT

- Zester
 - Paper towels
 - Baking sheet
 - Large pan
 - Small pot
-
- Kosher salt
 - Black pepper
 - Cooking oil (4 tsp | 4 tsp)
 - Butter (1 TBSP | 2 TBSP)
Contains: Milk

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



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; slice crosswise into ½-inch-thick half-moons. Halve, peel, and cut **onion** into ½-inch-thick wedges. Peel and mince or grate **garlic**. Zest and quarter **lemon**.



4 COOK CHICKEN

- Meanwhile, pat **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. Add chicken; cook until browned and cooked through, 3-5 minutes per side. **TIP: Lower heat if chicken begins to brown too quickly.**
- Turn off heat; transfer chicken to a plate to rest. Wipe out pan.



2 ROAST VEGGIES

- Toss **zucchini** and **onion** on a baking sheet with a **drizzle of oil, chili powder, salt, and pepper**.
- Roast on top rack, tossing halfway through, until tender and browned, 14-16 minutes.



5 MAKE SAUCE

- Heat a **drizzle of oil** in same pan over medium heat. Add **remaining garlic**; cook, stirring, until fragrant, 30 seconds.
- Stir in **jam, remaining stock concentrate, and ¼ cup water (½ cup for 4 servings)**. Simmer until thickened, 2-3 minutes. **TIP: Use a whisk to break up any pieces of jam if necessary.**
- Reduce heat to low. Stir in **sumac, 1 TBSP butter (2 TBSP for 4), and a squeeze of lemon juice**. Season with **salt** and **pepper**.



3 COOK BULGUR

- While veggies roast, heat a **drizzle of oil** in a small pot over medium-high heat. Add **half the garlic** and cook, stirring, until fragrant, 30 seconds.
- Stir in **bulgur, half the stock concentrates, 1 cup water (2 cups for 4 servings), and a big pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until water has absorbed and bulgur is tender, 12-15 minutes.
- Keep covered off heat until ready to serve.



6 FINISH & SERVE

- Return **chicken (and any resting juices)** to pan with **sauce**; turn to coat. Transfer chicken to a cutting board; thinly slice crosswise.
- Drain any excess water from **bulgur** if necessary; fluff with a fork. Stir in **lemon zest** and a **big squeeze of lemon juice**; season with **salt** and **pepper**. Add **half the veggies** to pot with bulgur and stir to combine.
- Divide **bulgur mixture** between bowls; top with chicken and remaining veggies. Spoon any remaining sauce from pan over chicken. Garnish with **almonds** and serve.

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