



APRICOT, ALMOND & CHICKPEA TAGINE

with Zucchini, Quinoa & Chermoula

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Yellow Onion



¼ oz | ¼ oz
Cilantro



1 Clove | 2 Cloves
Garlic



1 | 1
Lemon



1 | 1
Jalapeño



1 | 2
Zucchini



1 | 2
Chickpeas



½ Cup | 1 Cup
Quinoa



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: 1080



10 oz | 20 oz
Chicken Breast
Strips

Calories: 1130



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



HELLO





TAGINE

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

QUIN-WASH

If you have time, rinse the quinoa in a fine-mesh strainer before cooking—not necessary, but it'll taste even better!

BUST OUT

- Zester
- Strainer
- Small pot
- 2 Small bowls
- Large pan
- 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

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1 PREP



- Wash and dry produce.
- Halve, peel, and dice **onion**. Mince **cilantro**. 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**.

-  Rinse **shrimp*** under cold water.
-  Pat shrimp or **chicken*** dry with paper towels and season with **salt** and **pepper**.



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.



2 COOK QUINOA

- 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 **1 cup water (2 cups for 4 servings)**, **half the stock concentrates**, and a **pinch of salt**; bring to a boil. Add **quinoa**; cover and reduce to a low simmer. Cook until quinoa is tender and water has absorbed, 15-20 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**.

-  Stir in **shrimp** or **chicken** along
-  with **chickpeas**.



3 MIX CHERMOULA & CREMA


- While quinoa cooks, in a small bowl, combine **cilantro**, **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.


-  Heat a **drizzle of oil** in a large pan over
-  medium-high heat. Add **shrimp** or **chicken**; cook, stirring occasionally, until cooked through, 3-5 minutes for shrimp or 4-6 minutes for chicken. Turn off heat; transfer to a plate. Wipe out pan.



6 FINISH & SERVE

- Fluff **quinoa** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)**. Season with **salt** and **pepper**.
- Divide quinoa 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.

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

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