



# TUNISIAN-SPICED CHICKEN SALAD

with Harissa-Roasted Carrots, Apricot Vinaigrette & Almonds

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



1 | 2  
Shallot



1 TBSP | 1 TBSP  
Harissa Powder



5 tsp | 10 tsp  
Red Wine  
Vinegar



1 | 2  
Apricot Jam



2 tsp | 4 tsp  
Dijon Mustard



10 oz | 20 oz  
Chicken Cutlets



1 TBSP | 1 TBSP  
Tunisian Spice  
Blend



1 | 2  
Chicken Stock  
Concentrate



5 oz | 10 oz  
Spinach



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts

## HELLO

### TUNISIAN SPICE BLEND

This aromatic blend—including caraway, smoked paprika, and turmeric—adds warming flavor to chicken.



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 550



### IN A PICKLE

In step 3, you'll microwave your sliced shallot in a vinegar-based pickling liquid. The heat not only helps the sugar and salt dissolve but also speeds up the pickling process so you can enjoy extra-tangy shallot slices in a snap. Try this technique again with sliced onions, jalapeños, or radishes!

### BUST OUT

- Peeler
- Baking sheet
- 2 Small bowls
- Whisk
- Paper towels
- Large pan
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Sugar (½ tsp | 1 tsp)
- Olive oil (2 TBSP | 4 TBSP)

### GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663  
HelloFresh.com



### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel, trim, and cut **carrots** on a diagonal into ½-inch-thick pieces. (Halve any larger carrots lengthwise first.) Halve, peel, and thinly slice **shallot**.



### 2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a drizzle of oil, ¼ tsp **harissa powder** (½ tsp for 4 servings; be sure to measure—we sent more), a **big pinch of salt**, and **pepper**. **TIP: For easy cleanup, line your baking sheet with foil or parchment paper before adding carrots.**
- Roast on top rack until lightly browned and tender, 15-20 minutes. **TIP: Give the carrots a taste after roasting and add a pinch more harissa powder if you like things spicy.**
- Transfer to a plate; spread out in an even layer to cool.



### 3 PICKLE SHALLOT

- While carrots roast, in a small microwave-safe bowl, whisk together **vinegar**, **2 TBSP water** (4 TBSP for 4 servings), ½ tsp **sugar** (1 tsp for 4), and a **pinch of salt** until sugar and salt have mostly dissolved. Stir in **shallot**; microwave for 30 seconds.
- Set aside, stirring occasionally, until ready to serve.



### 4 MAKE DRESSING

- In a second small bowl, whisk together **jam**, **mustard**, **1 TBSP shallot pickling liquid** (2 TBSP for 4 servings), and **2 TBSP olive oil** (4 TBSP for 4) until smooth. Season with **salt** and **pepper**.



### 5 COOK CHICKEN

- Pat **chicken\*** dry with paper towels. Season all over with **half the Tunisian Spice** (all for 4 servings), **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. **TIP: If chicken is on the thicker side, cover with a lid for the last few minutes of cooking.**
- Remove chicken from pan and set aside. Add **stock concentrate**, **2 TBSP dressing**, and ¼ cup **water** to pan. Cook, stirring, until thickened, 1-2 minutes.
- Return chicken to pan and turn a few times to coat.



### 6 FINISH & SERVE

- Transfer **chicken** to a cutting board and slice crosswise.
- In a large bowl, toss **spinach** with as much **remaining dressing** as you like. Add **carrots** and **shallot** (draining first); toss to combine.
- Divide **salad** between bowls; top with chicken. Pour any **remaining sauce** from pan over chicken. Garnish with **almonds** and serve.

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