TURKISH-SPICED CHICKEN IN APRICOT PAN SAUCE

with Lemon Almond Rice & Harissa-Roasted Carrots



HELLO FRESH INGREDIENTS 2 PERSON | 4 PERSON 2 2 12 oz | 24 oz Scallions Carrots 1 1 1 TBSP | 1 TBSP Harissa Powder 🍿 Lemon ½ oz | 1 oz 1/2 Cup | 1 Cup Almonds Basmati Rice Contains: Tree Nuts 1 TBSP | 1 TBSP 10 oz | 20 oz Chicken Cutlets Turkish Spice Blend 2 TBSP | 4 TBSP 1 2 Chicken Stock Apricot Jam Concentrate HELLO **TURKISH SPICE**

This blend of cumin, garlic powder, coriander, allspice, and chili flakes adds earthy, warming depth and a touch of heat to chicken.

6



GO NUTS

There's no need to add oil to your pot before toasting the almonds in step 3—the heat brings out their natural oils for crunchier texture and deep, roasty flavor. Pro tip: Nuts can burn quickly, so keep a close eye on them and stir often for perfectly golden results.

BUST OUT

- Peeler
- Zester
- Baking sheet
- Small pot
- Small bowl
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (**1 tsp** | **1 tsp**)
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 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 425 degrees. Wash and dry all produce.
- Trim, peel, and cut carrots into sticks (like fries; ours were 3 inches long and ½ inch thick). Trim and thinly slice scallions, separating whites from greens. Zest and quarter lemon.



2 ROAST CARROTS

- Toss carrots on a baking sheet with a drizzle of oil, ¼ tsp harissa powder
 (½ tsp for 4 servings), and a big pinch of salt and pepper. (Be sure to measure the harissa powder—we sent more.) TIP: For easy cleanup, line your baking sheet with foil or parchment paper before adding the 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.

5 MAKE SAUCE

• Heat another **drizzle of olive oil** in

same pan over medium heat. Add

remaining scallion whites; cook,

• Stir in jam, stock concentrate, ¼ cup

squeeze of lemon juice. Simmer until

(2 TBSP for 4) until melted. Taste and

water (1/3 cup for 4 servings), and a

stirring, until softened, 1 minute.

thickened. 3-5 minutes more.

seems thick.

• Turn off heat: stir in 1 TBSP butter

season with **salt** and **pepper**. TIP: Stir in a splash more water if sauce



3 TOAST NUTS & COOK RICE

- Meanwhile, heat a small, dry pot over medium-high heat. Add **almonds** and cook, stirring occasionally, until lightly toasted, 2-4 minutes. Turn off heat; transfer to a small bowl. Wipe out pot.
- Melt 1 TBSP butter in same pot over medium-high heat. Add half the scallion whites and cook, stirring occasionally, until softened, 1 minute.
- Stir in rice and ¾ cup water (1½ cups for 4 servings); season with 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.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **toasted almonds** and **lemon zest** to taste. Season with **salt** and **pepper**.
- Divide **chicken**, rice, and **carrots** between plates. Spoon **sauce** over chicken. Garnish with **scallion greens** and serve with **remaining lemon wedges** on the side.
 - WK 24-6



4 COOK CHICKEN

- While rice cooks, pat chicken* dry with paper towels; season all over with half the Turkish Spice (all for 4 servings), salt, and pepper.
- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; transfer chicken to a plate to rest. Wipe out pan.

