



# SWEET 'N' SPICY APRICOT CHICKEN

with Lemony Couscous and Green Beans



## HELLO

### APRICOT GLAZE

Stone-fruit sweetness with a dash of chili heat

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



Red Chili



Green Beans



French Couscous  
(Contains: Wheat)



Chicken Breasts



Parsley



Meyer Lemon



Walnuts  
(Contains: Tree Nuts)



Chicken Stock  
Concentrate



Apricot Jam

## START STRONG

Thoroughly wash your hands, cutting board, and knife after handling the chili to avoid getting heat anywhere you don't want it.

## BUST OUT

- Small pot
- Zester
- 2 Large pans
- Oil (1 TBSP | 2 TBSP)

## INGREDIENTS

Ingredient 2-person | 4-person

- Red Chili  1 | 1
- Meyer Lemon 1 | 1
- Green Beans 6 oz | 12 oz
- Parsley ¼ oz | ¼ oz
- Walnuts 1 oz | 2 oz
- French Couscous ¾ Cup | 1½ Cups
- Chicken Stock Concentrate 1 | 2
- Chicken Breasts 12 oz | 24 oz
- Apricot Jam 1 oz | 2 oz

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## 1 PREHEAT AND PREP

**Wash and dry all produce.** Preheat oven to 450 degrees. Bring **1½ cups water** and **stock concentrate** to a boil in a small pot. Remove veins and seeds from **red chili**, then finely chop. Zest **lemon**, then cut into wedges. Trim **green beans**. Chop **parsley**. Roughly chop **walnuts**. Once water is boiling, add **couscous** to pot. Cover and remove from heat.



## 4 COOK GREEN BEANS AND WALNUTS

Heat a drizzle of **oil** in another large pan over medium heat. Add **green beans**. Season with **salt** and **pepper**. Cook, tossing, until lightly browned, about 5 minutes. Add half the **lemon zest** and a big squeeze of **lemon juice**. Stir and let cook another 1-2 minutes. Add **walnuts** and cook, tossing, until warmed through, about 1 minute. Remove mixture from pan and set aside.



## 2 BUTTERFLY CHICKEN

With your hand on top of one **chicken breast**, cut ¾ of the way, parallel to cutting board, stopping before you slice through completely. Open it up like a book. Season all over with **salt** and **pepper**. Repeat with other breast.



## 5 MAKE GLAZE

Heat another drizzle of **oil** in same pan. Add **red chili** (to taste) and cook, tossing, until soft, 2-3 minutes. Pour in ¾ **cup water** and bring to a simmer. Stir in **apricot jam** and continue simmering until mixture is thick and sticky, 3-4 minutes. Season to taste with **salt**, **pepper**, and **lemon juice** (start with a squeeze and add more as needed).



## 3 SEAR AND ROAST CHICKEN

Heat a drizzle of **oil** in a large pan over medium-high heat (use an ovenproof pan if you have one). Add **chicken** in a single layer and cook until browned, 2-3 minutes per side. Transfer pan to oven and roast until chicken is no longer pink in center, 5-6 minutes. **TIP:** Transfer chicken to a baking dish first if your pan isn't ovenproof.



## 6 FINISH AND SERVE

Fluff **couscous** with a fork, then stir in **parsley**, remaining **lemon zest**, and a few squeezes of **lemon juice**. Slice **chicken breast** into strips. Divide **couscous** between plates, then top with **chicken** and **green bean mixture**. Drizzle **glaze** over chicken and serve.

## SENSATIONAL!

Who would've thought that apricot and chili are a perfect pair?