



APRICOT-GLAZED CHICKEN

with Lemony Roasted Carrots and Couscous



HELLO

GARLIC HERB BUTTER

Aromatic garlic and a garden's worth of herbs are blended into butter for rich, luxurious flavor.

PREP: 10 MIN | **TOTAL: 45 MIN** | **CALORIES: 830**



Shallot



Chicken Stock Concentrate



Couscous
(Contains: Wheat)



Apricot Jam



Lemon



Carrots



Chicken Breasts



Garlic Herb Butter
(Contains: Milk)

START STRONG

Don't forget to fluff your couscous! Cooked couscous right out of the pot can be dense, but gently breaking up any clumps with a fork will yield a light and tender grain.

BUST OUT

- Peeler
- Paper towels
- Zester
- Large pan
- 2 Baking sheets
- Small pot
- Olive oil (1 TBSP | 2 TBSP)
- Vegetable oil (2 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Carrots 4 | 8
- Shallot 1 | 1
- Lemon 1 | 2
- Chicken Stock Concentrate 1 | 2
- Couscous ½ Cup | 1 Cup
- Chicken Breasts* 12 oz | 24 oz
- Apricot Jam 2 TBSP | 4 TBSP
- Garlic Herb Butter 2 TBSP | 4 TBSP

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREP

Adjust racks to middle and top positions and preheat oven to 425 degrees. **Wash and dry all produce.** Trim and peel **carrots**; cut into 2-inch pieces. Halve, peel, and thinly slice **shallot**. Mince a few slices until you have 3 TBSP. Zest **lemon** until you have ½ TBSP (1 TBSP for 4 servings); quarter lemon.



4 COOK CHICKEN

Pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Heat a large drizzle of **oil** in a large pan over high heat. Add chicken and cook until browned, 2-4 minutes per side. Transfer chicken to a second baking sheet. Roast on middle rack until chicken is cooked through, 5-10 minutes. Let rest at least 3 minutes before serving.



2 ROAST CARROTS

Toss **carrots** on a baking sheet with a large drizzle of **olive oil**, **salt**, and **pepper**. Roast on top rack until browned and tender, 20-25 minutes.



5 MAKE SAUCE

Wipe out pan used to cook chicken. Heat **1 TBSP plain butter** (2 TBSP for 4 servings) and a drizzle of **olive oil** in pan over medium-high heat. Add **sliced shallot** and cook, stirring, until softened, 2-3 minutes. Stir in **jam**, **¼ cup water** (½ cup for 4 servings), and remaining **stock concentrate**; cook until thickened, 1-2 minutes. Squeeze in juice from half the **lemon**. Turn off heat; stir in half the **garlic herb butter** and any **resting juices** from chicken. Season with **salt** and **pepper**.



3 COOK COUSCOUS

Meanwhile, melt **1 TBSP plain butter** (2 TBSP for 4 servings) in a small, lidded pot over medium-high heat. Add **minced shallot** and cook until softened, about 1 minute. Add **¾ cup water** (1¼ cups for 4 servings), half the **stock concentrate**, and a pinch of **salt**; bring to a boil. Once boiling, stir in **couscous**. Cover and turn off heat.



6 FINISH AND SERVE

Fluff **couscous** with a fork; stir in remaining **garlic herb butter** until melted. Season with **salt** and **pepper**. Toss **carrots** with **lemon zest** and **lemon juice** (to taste). Divide couscous, carrots, and **chicken** between plates. Spoon **sauce** over chicken.

GO NUTS

Next time, try adding some crunch to your couscous by stirring in chopped toasted nuts.

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