



More than Food

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Crispy Skillet Chicken with Bulgur Paella, Zucchini, and Apricot

There's a lot to love about this one-pot skillet dinner, but crispy bone-in chicken might top the list. Cooked in the style of paella, this bulgur side dish has sweet apricot, zucchini, and carrot folded in for a variety of textures. A sprinkling of parsley and a squeeze of lemon finish the dish with a touch of brightness.

40 min

level 1

nut free

dairy free



Chicken Thighs



Carrots



Zucchini



Parsley



Lemon



Shallot



Apricot, Dried



Bulgur



Chicken Stock Concentrate

Ingredients

	2 People	4 People
Chicken Thighs	1 lb	2 lbs
Carrots	12 oz	24 oz
Zucchini	1	2
Parsley	1 bunch	2 bunches
Lemon	1	2
Shallot	1	2
Apricot, Dried	1½ oz	3 oz
Bulgur	1) ½ C	1 C
Chicken Stock Concentrate	1	2
Olive Oil*	1½ T	3 T

*Not Included

Allergens

1) Wheat

Tools

Large Ovenproof Pan,
Zester, Peeler

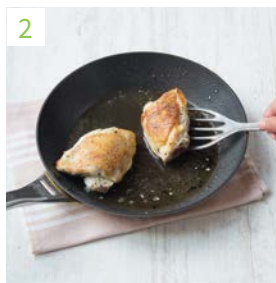
Ruler

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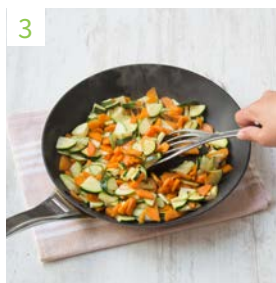
Nutrition per person Calories: 875 cal | Carbs: 72 g | Fat: 46 g | Protein: 48 g | Fiber: 10 g | Sodium: 484 mg



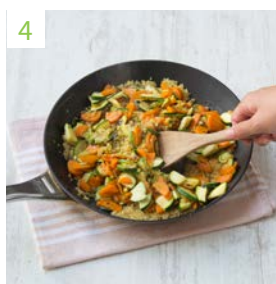
1 Preheat oven to 425 degrees. Peel, halve, and thinly slice the **carrots** into half moons. Mince the **shallot**. Quarter the **zucchini** lengthwise then thinly slice. Roughly chop the **apricot**. Zest and halve the **lemon**.



2 Heat ½ **Tablespoon oil** in a large pan over medium-high heat. Season the **chicken** on both sides with **salt** and **pepper**. Add the **chicken** to the pan, skin side down, and cook 3-4 minutes, until deeply golden brown. Flip to cook 2-3 minutes on the other side. Set the **chicken** aside—we'll finish cooking it later.



3 In the same pan, heat another ½ **Tablespoon olive oil** over medium heat. Add the **carrot** and **zucchini** and cook, tossing, 6-7 minutes, until golden brown and tender. Season with **salt** and **pepper** and set aside.



4 In the same pan, heat another ½ **Tablespoon olive oil**. Add the **shallot** and cook, tossing, 2-3 minutes, until softened. Add the **bulgur** and **apricot** and stir to coat. Add **1¼ cups water** and the **stock concentrate** to the pan. Bring to a boil then stir in the **carrots, zucchini,** and **lemon zest**. **TIP:** If you don't have an ovenproof pan, transfer the contents of the pan to an ovenproof baking dish at this point.

5 Return the **chicken** to the pan, skin-side up, and transfer the pan to the oven for 7-10 minutes. While the chicken cooks, chop the **parsley** and cut the **lemon** into wedges.

6 Sprinkle the skillet with **parsley** and serve with **lemon wedges**. Serve straight from the skillet and enjoy!