



# PUMP UP THE JAM CHICKEN

with Apricot Sauce over Pea Almond Couscous



## HELLO

### PEA ALMOND COUSCOUS

Wholesome, hearty couscous gets a pop of veggies and nuts

PREP: 10 MIN | TOTAL: 25 MIN | CALORIES: 800



Dried Apricots



Parsley



French Couscous  
(Contains: Wheat)



Apricot Jam



Sliced Almonds  
(Contains: Tree Nuts)



Shallot



Lemon



Peas



Chicken Thighs



Chicken Demi-Glace  
(Contains: Milk)

## START STRONG

Don't forget to serve the lemon wedges on the side. An extra dash of their juice will add some citrusy sunshine to your plate (and bonus vitamin C)!

## BUST OUT

- Small pot
- Large pan
- Aluminum foil
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)
- Olive oil (2 tsp | 4 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- |                      |               |
|----------------------|---------------|
| • Dried Apricots     | 1½ oz   3 oz  |
| • Shallot            | 1   1         |
| • Parsley            | ¼ oz   ½ oz   |
| • Lemon              | 1   1         |
| • French Couscous    | ½ Cup   1 Cup |
| • Peas               | 4 oz   8 oz   |
| • Chicken Thighs     | 12 oz   24 oz |
| • Apricot Jam        | 1 oz   2 oz   |
| • Chicken Demi-Glace | 1   1         |
| • Sliced Almonds     | 1 oz   2 oz   |

## HELLO WINE

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### 1 PREP

**Wash and dry all produce.** In a small pot, bring **1¼ cups water**, **1 TBSP butter**, and a generous pinch of **salt** to a boil. Roughly chop **dried apricots**. Halve, peel and thinly slice **shallot**. Pick leaves from **parsley**, then roughly chop. Halve **lemon**. Cut one half into wedges.



### 4 MAKE SAUCE

Add **shallot** to same pan over medium heat. Cook, tossing, until softened, 1 minute. Stir in **dried apricots**, **apricot jam**, **demi-glace**, and **¼ cup water**. Simmer until slightly thickened, 2-3 minutes.



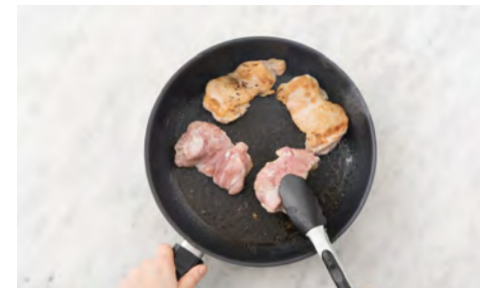
### 2 COOK PEAS AND COUSCOUS

Once water is boiling add **couscous** and **peas** to pot. Cover, remove from heat, and set aside.



### 5 COAT CHICKEN

Return **chicken** to pan, along with any juices on plate. Toss to coat in sauce. Simmer until meat is fully cooked through, about 2 minutes. Stir in half the **parsley** and a squeeze of **lemon juice**. Season with **salt** and **pepper**.



### 3 COOK CHICKEN

Heat a drizzle of **olive oil** in a large pan over medium heat. Trim any large pieces of fat from **chicken thighs**. Season all over with **salt** and **pepper**. Add to pan and cook until browned and almost cooked through, 4-5 minutes per side. Remove from pan and transfer to a plate. Loosely cover with foil.



### 6 FINISH AND PLATE

Add a drizzle of **olive oil**, a squeeze of **lemon juice**, and **almonds** to pot with **couscous** and toss to combine. Season with **salt** and **pepper**. Divide between plates, then top with **chicken**. Drizzle with any remaining **sauce** from pan. Garnish with remaining **parsley**. Serve with **lemon** wedges on the side for squeezing over.

## SWEET!

Apricot jam and pieces mean plenty of fruit flavor.



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