

Hello
FRESH

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Mediterranean Skillet Chicken

with Bulgur Paella, Carrots, and Apricots

Paella is a traditional Spanish dish made with fluffy yellow rice. However, in this recipe, our chefs opted for tender, chewy bulgur as their grain of choice. It's cooked with sweet apricots, colorful veggies, and a dusting of bright lemon zest for a deliciously floral aroma.



Prep: 10 min
Total: 30 min



level 1



nut
free



dairy
free



Carrot



Red
Onion



Zucchini



Dried
Apricots



Lemon



Bulgur



Chicken Stock
Concentrate



Chicken
Breasts



Parsley

Ingredients

	2 People	4 People
Carrot	1	2
Red Onion	1	1
Zucchini	1	2
Dried Apricots	1½ oz	3 oz
Lemon	1	1
Bulgur	1) ½ Cup	1 Cup
Chicken Stock Concentrate	1	2
Chicken Breasts	12 oz	24 oz
Parsley	¼ oz	¼ oz
Olive Oil*	1 TBSP	2 TBSP

*Not Included

Allergens

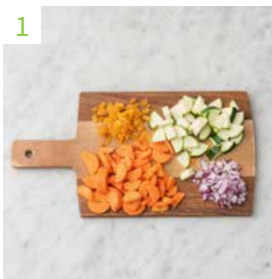
1) Wheat

Tools

Peeler, Zester,
Large ovenproof pan,
Large pan

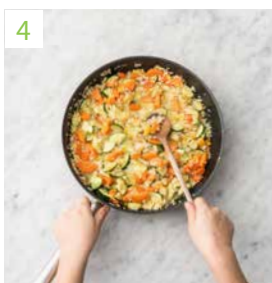
Nutrition per person Calories: 508 cal | Fat: 10g | Sat. Fat: 1.5g | Protein: 50g | Carbs: 62g | Sugar: 13g | Sodium: 297mg | Fiber: 13g

1



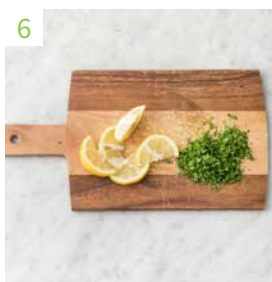
1 Preheat and prep: Wash and dry all produce. Preheat oven to 425 degrees. Peel and halve **carrot** lengthwise, then thinly slice into half-moons. Halve, peel, and dice **onion**. Chop **zucchini** into ½-inch pieces. Roughly chop **apricots**. Zest and halve **lemon**. **TIP:** Skip zesting if you prefer to save some time.

4



2 Cook the carrots and zucchini: In a large ovenproof pan, heat a drizzle of **olive oil** over medium-high heat. Add **carrots** and **zucchini**, and toss until just tender, 4-5 minutes. Season with **salt** and **pepper**. Remove from pan and set aside.

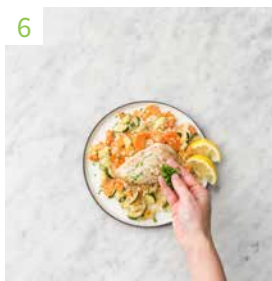
6



3 Start the bulgur paella: In same pan, heat another drizzle of **olive oil** over medium heat. Add **onions** and toss until softened, 2-3 minutes. Add **bulgur** and **apricots**, and stir to coat in oil. Add **1¼ cups water** and **stock concentrate**, and bring to a boil.

4 Finish the bulgur paella: Stir **carrots**, **zucchini**, and **lemon zest** into pan. Season with **salt** and **pepper**. If you don't have an ovenproof pan, transfer contents to a baking dish. Bake uncovered until **water** is absorbed and **bulgur** is tender, about 10 minutes. **TIP:** If liquid absorbs too quickly, add a splash of water as needed.

6



5 Cook the chicken: Heat a drizzle of **olive oil** in another large pan over medium-high heat. Season **chicken breasts** on all sides with **salt** and **pepper**. Sear until browned and no longer pink in the middle, 5-7 minutes per side.

6 Finish and serve: Chop **parsley** and cut **lemon** into wedges. Place **chicken** on top of **paella**. Sprinkle with **parsley**, serve with **lemon wedges**, and enjoy!

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