



SPICED CHICKEN & ROASTED CARROT BOWLS

with Tangy Hummus Sauce & Apricot-Almond Gremolata

NEW!

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



2 | 4
Scallions



1 | 2
Lemon



½ Cup | 1 Cup
Basmati Rice



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



10 oz | 20 oz
Chicken
Breast Strips



1 TBSP | 2 TBSP
Turkish Spice
Blend



1 oz | 2 oz
Dried Apricots



4 TBSP | 8 TBSP
Hummus



4 TBSP | 8 TBSP
Yogurt
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HELLO

ALMOND GREMOLATA

Our take on the herby Italian topping—
here we swap out traditional parsley and
garlic for apricots and scallion greens.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 830



THE RICE IS RIGHT

Fluffing rice right before serving is a simple (but essential!) step. Why go through the trouble? Running a fork through the mixture helps make sure each grain keeps its individual texture, yielding light and tender results.

BUST OUT

- Peeler
- Zester
- Baking sheet
- Small pot
- Large pan
- Small bowl
- Paper towels
- Medium bowl
- Whisk
- Kosher salt
- Black pepper
- Olive oil (**2 TBSP** | **2 TBSP**)
- Cooking oil (**1 tsp** | **1 tsp**)
- Butter (**1 TBSP** | **1 TBSP**)
Contains: Milk

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



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into 1-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**.



2 ROAST CARROTS

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



3 COOK RICE

- Melt **1 TBSP butter** in a small pot over medium-high heat. Add **scallion whites** and cook, stirring occasionally, until softened, 1-2 minutes.
- Stir in **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



4 COOK ALMONDS & CHICKEN

- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **almonds** and cook, stirring often, until fragrant and lightly browned, 2-4 minutes. Turn off heat; transfer to a small bowl. Wipe out pan.
- Pat **chicken*** dry with paper towels and season all over with **Turkish Spice Blend**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in same pan over medium-high heat. Add chicken in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



5 MAKE GREMOLATA & SAUCE

- While chicken cooks, add **apricots**, **scallion greens**, **lemon zest**, a **squeeze of lemon juice**, a **large drizzle of olive oil**, and a **pinch of salt and pepper** to bowl with **almonds**; stir to combine. Set aside.
- In a medium bowl, whisk together **hummus**, **yogurt**, a squeeze of lemon juice, a **drizzle of olive oil**, and a **pinch of salt and pepper** until smooth.



6 FINISH & SERVE

- Fluff **rice** with a fork.
- Divide rice, **carrots**, and **chicken** between bowls in separate sections. Drizzle with **hummus sauce**. Top with **gremolata**. Serve with **remaining lemon wedges** on the side.