



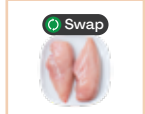
# Spicy Apricot Chicken

## with Garden Veggie Orzo

Discovery

Optional Spice

30 Minutes



Chicken Breasts <sup>+</sup>  
2 | 4

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or

\*2 Double

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Chicken Thighs <sup>+</sup>  
280 g | 560 g



Orzo  
170 g | 340 g



Sweet Bell Pepper  
1 | 2



Baby Spinach  
56 g | 113 g



White Cooking Wine  
4 tbsp | 8 tbsp



Apricot Spread  
2 tbsp | 4 tbsp



Chicken Broth Concentrate  
2 | 4



Whole Grain Mustard  
1 tbsp | 2 tbsp



Garlic Salt  
1 tsp | 2 tsp



Chili Flakes <sup>🌶️</sup>  
1 tsp | 2 tsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Unsalted butter\*, oil\*, salt\*, pepper\*

**Cooking utensils** | Baking sheet, measuring spoons, strainer, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

1



### Start prep and roast peppers

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Heat Guide for Step 2:**
  - Mild: ¼ tsp (½ tsp)
  - Medium: ½ tsp (1 tsp)
  - Spicy: 1 tsp (2 tsp)

- Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Add **peppers** and ½ **tbsp** (1 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven, stirring halfway through, until tender and lightly charred, 12-14 min.

2



### Finish prep

- Meanwhile, roughly chop **spinach**. (**TIP:** Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)
- Add **apricot spread**, **mustard**, **half the broth concentrate**, ½ **cup** (½ cup) **water** and ¼ **tsp** (½ tsp) **chili flakes** to a small bowl, then whisk to combine. (**NOTE:** Reference heat guide.)

3



### Cook orzo

- Add **orzo** to the **boiling water**.
- Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and return **orzo** to the same pot, off heat.
- Add **1 tbsp** (2 tbsp) **butter**, **half the garlic salt** and **remaining broth concentrate**.
- Stir until **butter** melts, 1 min, then cover.

4



### Cook chicken

Swap | **Chicken Breasts**

- Meanwhile, pat **chicken** dry with paper towels.
- Cut into 2-inch pieces, then season with **remaining garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken**.
- Sear until golden-brown, 2-3 min per side. (**NOTE:** It's okay if chicken doesn't cook all the way through in this step.)
- Remove from the pan and transfer to a plate.

5



### Finish sauce

- Reheat the same pan over medium-high. Add **cooking wine**.
- Cook, stirring often to scrape up **any browned bits** from the pan, until most of the liquid has evaporated, 1 min.
- Add **apricot mixture**, then stir to combine. Bring **sauce** to a simmer.
- Add **chicken**. Cook, flipping halfway through, until **sauce** thickens slightly and **chicken** is cooked through, 2-3 min. (\*\* **TIP:** For a lighter sauce consistency, add water, 1-2 tbsp at a time, if desired.)

6



### Finish and serve

- Add **peppers** and **spinach** to the pot with **orzo**. Stir until **spinach** wilts, 1 min.
- Divide **orzo** between plates. Top with **chicken** and **any sauce** from the pan.
- Sprinkle with **remaining chili flakes**, if desired.



Issue with your meal? Scan the QR code to share your feedback.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.