

HELLO Moroccan Apricot Chicken Tenders with Couscous and Vocunt Sauce

with Couscous and Yogurt Sauce

20 Minutes

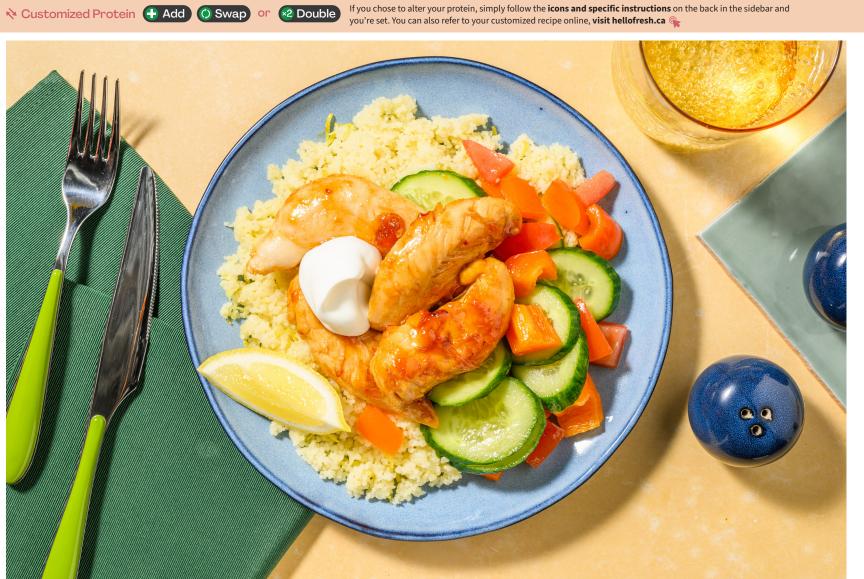






Breasts ' 2 | 4

Portions 340 g | 680 g











Pepper



1 | 2



1 2

Mini Cucumber 1 2





Apricot Spread 2 tbsp | 4 tbsp



Yogurt Sauce 3 tbsp | 6 tbsp



Moroccan Spice Blend 1 tbsp | 2 tbsp



Chicken Broth Concentrate 1 | 2



Garlic Salt 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. Cooking utensils | Aluminum foil, baking sheet, large bowl, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, whisk, zester



Broil chicken

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

O Swap | Chicken Breasts

🔘 Swap | Tofu

O Swap | Turkey Breast Portions

- Pat **chicken** dry with paper towels.
- Add chicken, Moroccan Spice Blend, half the garlic salt and 1 tbsp (2 tbsp) oil to a foil-lined baking sheet. Season with pepper, then toss to coat.
- Broil in the **middle** of the oven, flipping halfway, until cooked through, 8-10 min.**
- When chicken is done, add chicken and **apricot spread** to a large bowl. Toss to coat.



Prep

- Meanwhile, thinly slice cucumber.
- Core, then cut **pepper** into ½-inch pieces.
- Cut tomato into ½-inch pieces.
- Zest, then juice half the lemon. Cut remaining lemon into wedges.



Marinate veggies

- Add lemon juice, 1/4 tsp (1/2 tsp) sugar and 1/2 tbsp (1 tbsp) oil to a medium bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add cucumbers, peppers and tomatoes. Toss to combine.



Cook couscous

- Add 3/3 cup (1 1/3 cups) water, 1 tbsp (2 tbsp) butter broth concentrate and remaining garlic salt to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add couscous. Stir to combine.
- Cover and let stand for 5 min, until tender.



Finish and serve

- Fluff couscous with a fork, then stir in lemon zest.
- Divide couscous between bowls, then top with Moroccan apricot chicken and marinated veggies.
- Dollop yogurt sauce over top.
- Squeeze a **lemon** wedge over top, if desired.

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

Measurements within steps

1 tbsp 2 person

oil

4 person Ingredient

1 | Broil chicken

🗘 Swap | Chicken Breasts

If you've opted to get **chicken breasts**, cut into 1-inch wide strips, then prep and cook them in the same way the recipe instructs you to prep and cook the chicken breast tenders.

1 | Broil tofu

O Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke tofu all over, then cut into 1-inch strips. Season and cook tofu in the same way the recipe instructs you to season and cook the chicken, until golden.

1 | Broil turkey

Swap | Turkey Breast Portions

If you've opted to get turkey breast portions, cut into 1-inch wide strips, then prep and cook them in the same way the recipe instructs you to prep and cook the **chicken** breast tenders.**

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