



# Moroccan Apricot Chicken Tenders

## with Couscous and Yogurt Sauce

20 Minutes



Chicken Breasts\* 2 | 4  
Tofu 1 | 2  
Turkey Breast Portions 340 g | 680 g

Customized Protein + Add Swap or \*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Chicken Breast Tenders\* 310 g | 620 g
- Couscous 1/2 cup | 1 cup
- Sweet Bell Pepper 1 | 2
- Tomato 1 | 2
- Mini Cucumber 1 | 2
- Lemon 1 | 1
- 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.

**Pantry items** | Sugar, oil, unsalted butter, pepper, salt

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

1



## Broil chicken

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

Swap | [Chicken Breasts](#)

Swap | [Tofu](#)

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.

4



## Cook couscous

- Add  $\frac{3}{4}$  **cup** (1  $\frac{1}{3}$  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.

2



## Prep

- Meanwhile, thinly slice **cucumber**.
- Core, then cut **pepper** into  $\frac{1}{2}$ -inch pieces.
- Cut **tomato** into  $\frac{1}{2}$ -inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.

3



## Marinate veggies

- Add **lemon juice**,  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  tsp) **sugar** and  $\frac{1}{2}$  **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.

5



## 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.

Measurements  
within steps

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

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**\*\*

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

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