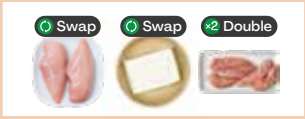




# Spicy Apricot Chicken

## with Garden Veggie Orzo

Spicy 30 Minutes



Chicken Breasts <sup>+</sup> 2 | 4  
Tofu 1 | 2  
Chicken Breast Tenders <sup>+</sup> 620 g | 1240 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](http://hellofresh.ca)



- Chicken Breast Tenders <sup>+</sup>  
310 g | 620 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** | Pepper, unsalted butter, salt, oil

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

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.

4



### Cook chicken

- 🔄 **Swap** | **Chicken Breasts**
- ✖2 **Double** | **Chicken Breast Tenders**
- 🔄 **Swap** | **Tofu**

- 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 the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**.
- Sear until golden-brown, 2-3 min per side. (**NOTE:** Chicken finishes cooking in next step.)
- Remove **chicken** from pan. Transfer to a plate.

† 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.

2



### Finish prep

- Meanwhile, roughly chop **spinach**. (**TIP:** Place 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.

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### 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.)

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### 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.

**Measurements within steps**

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

### 4 | Cook chicken

🔄 **Swap** | **Chicken Breasts**

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breast tenders**.

### 4 | Cook chicken

✖2 **Double** | **Chicken Breast Tenders**

If you've opted for **double chicken**, prep, cook and plate it in the same way the recipe instructs you to prep, cook and plate the **regular portion of chicken**. Work in batches, if necessary.

### 4 | Cook 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 pieces. Season **tofu** in the same way the recipe instructs you to season the **chicken**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook, turning occasionally, until crispy and golden-brown all over, 6-7 min. Follow the rest of the recipe as written.