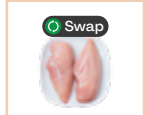




# Harissa-and-Fig Chicken with Golden Halloumi Rice and Garden Greens

Special 40 Minutes



Organic Chicken Breasts 2 | 4

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 Breasts 2 | 4



Halloumi Cheese 1 | 2



Basmati Rice 3/4 cup | 1 1/2 cups



Red Onion 1 | 2



Baby Tomatoes 113 g | 227 g



Spring Mix 56 g | 113 g



Cilantro 7 g | 14 g



Fig Spread 2 tbsp | 4 tbsp



Red Wine Vinegar 1 tbsp | 2 tbsp



Harissa Spice Blend 1 tbsp | 2 tbsp



Cumin-Turmeric Spice Blend 1 1/2 tsp | 3 tsp



Chicken Broth Concentrate 2 | 4

**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, sugar, oil, salt, pepper

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

1



### Start rice

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Peel, then cut **onion** into ¼-inch pieces.
- Heat a medium pot over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, **1 tbsp** (2 **tbsp**) **butter** and three-quarters of the **onions**. Cook, stirring often, until softened, 2-3 min.
- Add **rice** and **Cumin-Turmeric Spice Blend**. Stir to coat.
- Add **1 ¼ cups** (2 ½ cups) **water** and **half the broth concentrate**. Bring to a boil over high heat.

4



### Finish chicken and make fig sauce

- Roast **chicken** in the **middle** of the oven until cooked through, 12-14 min.\*\*
- Remove pan from heat. Add **remaining vinegar**, **remaining fig spread**, **remaining broth concentrate**, ½ **cup** (½ cup) **water** and **1 tbsp** (2 **tbsp**) **butter**. Return pan to heat. Cook, stirring often, until **sauce** is glossy and slightly thickened, 1-2 min. Transfer **sauce** to a small bowl. Cover to keep warm.
- Carefully rinse out the pan.

2



### Cook rice and prep

- Once boiling, reduce heat to low. Cover and cook **rice** until tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.
- While **rice** cooks, finely chop **remaining onion**.
- Cut **tomato** into ½-inch pieces.
- Roughly chop **cilantro**.
- Add **half the vinegar**, ¼ **tsp** (½ **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **tomato** and **remaining onions**. Toss to coat. Set aside.

5



### Sear halloumi

- Cut **halloumi** into ¼-inch-thick slices.
- Using a strainer, rinse **halloumi** in **cold water**, then pat dry with paper towels.
- Reheat the same pan over medium.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **halloumi**. Cook until golden-brown, 2-3 min per side.
- Transfer **halloumi** to a cutting board, then cut into ¼-inch pieces.

3



### Sear chicken

🔄 Swap | **Organic Chicken Breast**

- Pat **chicken** dry with paper towels.
- Combine **chicken**, **Harissa Spice Blend** and ½ **tbsp** (1 **tbsp**) **oil** in a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- Heat a large non-stick pan over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.) Cook until golden, 1-2 min per side.
- Transfer **chicken** to a parchment-lined baking sheet. Spread **half the fig spread** over top.

6



### Finish and serve

- Fluff **rice** with a fork, then stir in **halloumi** and **half the cilantro**.
- Add **spring mix** to the bowl with **tomato** and **onions**. Toss to coat.
- Thinly slice **chicken**.
- Divide **rice** and **salad** between plates.
- Top **rice** with **chicken**. Spoon **fig sauce** over top.
- Sprinkle **remaining cilantro** over top.

**Measurements within steps** | **1 tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 3 | Sear chicken

🔄 Swap | **Organic Chicken Breasts**

If you've opted to get **organic chicken breasts**, prep and cook in the same way the recipe instructs you to prep and cook the **regular chicken breast**.

\* 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.