



Apricot-Mustard Chicken

with Broccoli and Buttery Garlic Rice

Family Friendly 30-40 Minutes



Chicken Breasts



Shallot



Apricot Spread



Whole Grain Mustard



Basmati Rice



Broccoli, florets



Garlic Salt



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HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts*	2	4
Shallot	50 g	100 g
Apricot Spread	2 tbsp	4 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cups
Broccoli, florets	227 g	454 g
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** 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.

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.

Contact

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Cook rice

- Add **1 ¼ cups water** and **⅛ tsp garlic salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Make sauce

- Add **1 tbsp butter** (dbl for 4 ppl), then **shallots** to the same pan. Cook, stirring often, until softened, 2-3 min.
- Whisk in **apricot spread, mustard** and **½ cup water** (¾ cup for 4 ppl). Bring to a low simmer, then reduce heat to medium-low. Cook, stirring often, until **sauce** thickens, 2-3 min.
- Season with **salt** and **pepper**, to taste.
- Remove from heat.



Cook chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **½ tsp garlic salt** (dbl for 4 ppl) and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until **chicken** is golden-brown, 1-2 min per side.
- Transfer to an unlined baking sheet.
- Bake in **middle** of oven until **chicken** is cooked through, 8-10 min. **



Finish and serve

- Fluff **rice** with a fork. Season with **salt** and **pepper**, to taste.
- Slice **chicken**.
- Divide **rice** and **broccoli** between plates.
- Top **rice** with **chicken**. Spoon **sauce** over top.

Dinner Solved!



Prep and cook broccoli

- Meanwhile, peel, then finely chop **shallot**.
- Cut **broccoli** into bite-sized pieces.
- Heat a large non-stick pan over medium heat.
- When hot, add **broccoli** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **water** evaporates, 4-5 min.
- Add **1 tbsp butter** (dbl for 4 ppl). Cook, stirring often, until **butter** melts and coats **broccoli**, 1 min.
- Season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**, to taste.
- Transfer **broccoli** to a plate, then cover to keep warm.