



# Spicy Apricot Chicken

with Garden Veggie Orzo

Discovery

Optional Spice

30 Minutes



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Chicken Thighs



Chicken Breasts



Orzo



Sweet Bell Pepper



Baby Spinach



White Cooking Wine



Apricot Spread



Chicken Broth Concentrate



Whole Grain Mustard



Garlic Salt



Chili Flakes

HELLO APRICOT SPREAD

Tart, sweet and perfect for sauces and dressings!

## Start here

Before starting, wash and dry all produce.

### Heat Guide for Step 1 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

## Bust out

Measuring spoons, small bowl, measuring cups, large pot, large non-stick pan, paper towels, strainer

## Ingredients

	2 Person	4 Person
Chicken Thighs *	280 g	560 g
Chicken Breasts *	2	4
Orzo	170 g	340 g
Sweet Bell Pepper	160 g	320 g
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 🌶️	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 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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## 1 Prep

- Add **6 cups water** and **1 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, core, then cut **pepper** into ½ -inch pieces.
- Roughly chop **spinach**.
- Add **apricot spread, mustard, half the broth concentrate, ½ cup water** (½ cup for 4 ppl) and **¼ tsp chili flakes** to a small bowl, then stir to combine. (NOTE: Reference heat guide.)



## 4 Cook chicken

- Meanwhile, cut **chicken** into 2-inch pieces.
- Pat **chicken** dry with paper towels, then season with **remaining garlic salt** and **pepper**. Heat the same pan (from step 2) over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side. (NOTE: It's okay if chicken doesn't cook all the way through in this step.)
- Remove **chicken** from the pan and transfer to a plate.

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 thighs**.



## 2 Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring often, until tender-crisp, 4-5 min.
- Add **spinach**, then season with **salt** and **pepper**. Cook, stirring often, until **spinach** wilts, 1 min.
- Transfer to a plate and cover to keep warm.



## 5 Finish sauce

- Add **wine** to the same pan over medium-high. Cook until most of the **liquid** has evaporated, 1 min.
- Add **apricot mixture**, then stir to combine.
- Bring **sauce** to a simmer, 1 min.
- Add **chicken** to the pan with **sauce**. Cook, flipping **chicken** 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, if desired.)



## 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 butter** (dbl for 4 ppl), **half the garlic salt** and **remaining broth concentrate**. Stir until **butter** melts, 1 min, then cover.



## 6 Finish and serve

- Add **veggies** to the pot with **orzo**, then stir to combine.
- Divide **orzo** between plates.
- Top **orzo** with **chicken** and **any sauce** from the pan.
- Sprinkle with **any remaining chili flakes**, if desired.

## Dinner Solved!