





Spicy Apricot Chicken with Garden Veggie Orzo

Optional Spice 30 Minutes

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://www.hellofresh.ca)



 Swap	 Swap
Chicken Breasts 2 4	Tofu 1 2

	
Chicken Tenders 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 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 | Unsalted butter, oil, salt, pepper

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

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.

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 concentrates, 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.

4



Cook chicken

[Swap](#) | [Chicken Breasts](#)

[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.

5



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, if desired.)

6



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 breasts

[Swap](#) | [Chicken Breasts](#)

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

4 | Cook tofu

[Swap](#) | [Tofu](#)

If you've opted to get **tofu**, pat dry with paper towels. Cut into 1-inch cubes, then season the same way the recipe instructs. When the pan is hot, add **1 tbsp (2 tbsp) oil**, then **tofu**. Pan-fry, turning occasionally, until crispy and golden-brown all over, 6-7 min. (**TIP:** For 4 ppl, cook in 2 batches, using 1 tbsp oil per batch!) Follow the rest of the recipe as written.

* 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.



Issue with your meal? Scan the QR code to share your feedback.