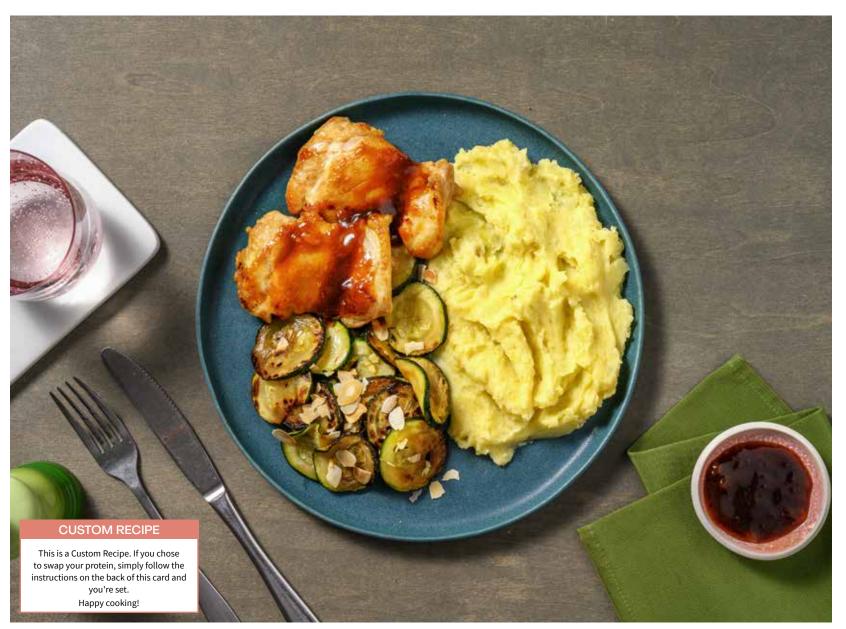


# Apricot-Glazed Chicken with Zucchini and Mash

Family Friendly 35 Minutes





Chicken Thighs





Russet Potato



Apricot Spread

Zucchini

Garlic, cloves











Almonds, sliced



## Start here

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

#### **Bust out**

Baking sheet, vegetable peeler, measuring spoons, potato masher, parchment paper, small bowl, large pot, large non-stick pan, paper towels, colander, measuring cups

## Ingredients

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	2 Person	4 Person
Chicken Thighs •	280 g	560 g
Chicken Breasts	2	4
Russet Potato	460 g	920 g
Apricot Spread	2 tbsp	4 tbsp
Balsamic Glaze	2 tbsp	4 tbsp
Zucchini	200 g	400 g
Thyme	7 g	7 g
Garlic, cloves	1	2
Almonds, sliced	28 g	56 g
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	1/4 cup	½ cup
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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## Prep

- Peel, then cut **potatoes** into ½-inch pieces.
- Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems.
- Peel, then mince garlic.
- Combine apricot spread, ¼ tsp garlic (dbl for 4 ppl) and balsamic glaze in a small bowl.
- On a separate cutting board, pat chicken dry with paper towels. Season with salt, pepper and half the thyme.

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**.



## Boil and mash potatoes

- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium.
  Simmer uncovered until fork-tender,
  10-12 min.
- Drain and return potatoes to the same pot, off heat. Roughly mash ¼ cup milk and
  tbsp butter (dbl both for 4 ppl) into potatoes until creamy. Season with salt and pepper, to taste.



## Toast almonds

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 2-3 min. (TIP: Keep your eye on them so they don't burn!)
- Transfer **almonds** to a plate and set aside.



## Cook chicken

- Reheat the same pan over medium-high.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 3-4 min per side.
- Remove the pan from heat. Transfer chicken to a parchment-lined baking sheet.
- Spoon half the apricot glaze over chicken.
- Bake in the **middle** of the oven until **chicken** is cooked through, 10-11 min.\*\*



## Cook zucchini

- While **chicken** bakes, cut **zucchini** into ¼-inch rounds.
- Heat the same pan over medium-high.
- When hot, add 1 tbsp oil (dbl for 4 ppl), then zucchini and remaining thyme. Cook, stirring often, until zucchini is tender-crisp, 3-4 min.



## Finish and serve

- Divide **chicken**, **mash** and **zucchini** between plates.
- Spoon remaining glaze over chicken.
- Sprinkle almonds over zucchini.

## **Dinner Solved!**