



# Apricot-Glazed Chicken

with Zucchini and Mash

Family Friendly

35 Minutes



Chicken Thighs



Chicken Breasts



Russet Potato



Apricot Spread



Balsamic Glaze



Zucchini



Thyme



Garlic, cloves



Almonds, sliced

### 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!

### HELLO APRICOT SPREAD

Tart, sweet and perfect for sauces and glazes!

## 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

	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*	¼ 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**.



## 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.\*\*



## 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 **2 tbsp butter** (dbl both for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**, to taste.



## 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.



## 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.



## Finish and serve

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

## Dinner Solved!