



Apricot-Glazed Chicken

with Zucchini and Mash

Family Friendly 35 Minutes



Chicken Thighs



Chicken Breasts



Russet Potato



Apricot Spread



Balsamic Glaze



Zucchini



Dried Rosemary



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

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
Dried Rosemary	1 tsp	1 tsp
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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1 Prep

- Peel, then cut **potatoes** into ½-inch pieces.
- Peel, then mince **garlic**.
- Add **apricot spread**, **¼ tsp garlic** (dbl for 4 ppl) and **balsamic glaze** to a small bowl, then stir to combine.
- On a separate cutting board, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **half the dried rosemary**.

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**.



4 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.**



2 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.



5 Cook zucchini

- Meanwhile, 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 dried rosemary**. Cook, stirring often, until **zucchini** is tender-crisp, 3-4 min.



3 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, 4-5 min. (**TIP:** Keep your eye on almonds so they don't burn!)
- Transfer **almonds** to a plate and set aside.



6 Finish and serve

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

Dinner Solved!