

Spicy Harissa and Apricot Chicken Tenders

with Couscous, Tzatziki and Feta

20-min

Spicy



Chicken Tenders



Couscous



Apricot Jam



Harissa Spice Blend



Mini Cucumber



Chicken Broth Concentrate



Feta Cheese, crumbled



Greek Yogurt



Garlic Salt



Baby Tomatoes



Lemon

HELLO APRICOT JAM

Sweet, sticky and jammy. Perfect for both sweet and savoury dishes!

Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, microplane/zester, measuring spoons, box grater, aluminum foil, strainer, medium pot, small bowl, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders ♦	340 g	680 g
Couscous	½ cup	1 cup
Apricot Jam	2 tbsp	4 tbsp
Harissa Spice Blend 🍷	1 tbsp	2 tbsp
Mini Cucumber	132 g	264 g
Chicken Broth Concentrate	1	2
Feta Cheese, crumbled	¼ cup	½ cup
Greek Yogurt	100 g	200 g
Garlic Salt	1 tsp	2 tsp
Baby Tomatoes	113 g	227 g
Lemon	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Broil chicken

Pat **chicken** dry with paper towels. Toss **chicken** with **Harissa Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) on a foil-lined baking sheet. Season with **half the garlic salt** and **pepper**. Broil in the **middle** of the oven, tossing halfway through, until cooked through, 8-10 min.** When **chicken** is done, top with **apricot jam** and toss to coat.



Make tzatziki

Drain **liquid** from the **grated cucumber**. Add **yogurt, lemon zest, lemon juice, ½ tsp sugar** (dbl for 4 ppl) and **remaining garlic salt** to the bowl with the **drained cucumber**. Season with **pepper**. Stir to combine.



Prep

While **chicken** cooks, thinly slice **half the cucumber** into rounds. Halve **tomatoes**. Zest, then juice **half the lemon**. Cut the **remaining lemon** into wedges. Grate the **remaining cucumber** directly into a small bowl. Season with **salt**.



Finish and serve

Fluff **couscous** with a fork. Season with **salt**. Divide **couscous** between bowls, then top with **chicken, tomatoes** and **sliced cucumber**. Sprinkle with **feta** and dollop **tzatziki** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!



Cook couscous

Add **⅔ cup water, 1 tbsp butter** (dbl both for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. Once boiling, remove pot from heat, then add **couscous**. Stir together. Cover and let stand for 5 min.