

Spicy Harissa and Apricot Chicken Tenders

with Couscous, Tzatziki and Feta

20-min

Spicy



Chicken Tenders



Couscous



Sweet Bell Pepper



Baby Tomatoes



Lemon



Apricot Spread



Harissa Spice Blend



Tzatziki



Chicken Broth Concentrate



Feta Cheese, crumbled



Garlic Salt

HELLO APRICOT SPREAD

Tart, sweet and perfect for sauces and dressings!

Start here

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

Bust out

Baking sheet, medium bowl, measuring spoons, zester, aluminum foil, medium pot, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders ♦	340 g	680 g
Couscous	½ cup	1 cup
Sweet Bell Pepper	160 g	320 g
Baby Tomatoes	113 g	227 g
Lemon	1	1
Apricot Spread	2 tbsp	4 tbsp
Harissa Spice Blend 🍷	1 tbsp	2 tbsp
Tzatziki	56 ml	113 ml
Chicken Broth Concentrate	1	2
Feta Cheese, crumbled	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ 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 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

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Broil chicken

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



Make salad

Add **tomatoes**, **peppers**, **lemon juice**, **¼ tsp sugar** and **½ tbsp oil** (dbl both for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then stir to combine.



Prep

While **chicken** broils, halve **tomatoes**. Core, then cut **pepper** into ½-inch pieces. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges.



Finish and serve

Fluff **couscous** with a fork, then stir in **lemon zest**. Divide **couscous** between bowls, then top with **chicken** and **salad**. Sprinkle with **feta** and dollop **tzatziki** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!



Cook couscous

Add **¾ cup water**, **1 tbsp butter** (dbl both for 4 ppl), **broth concentrate** and **remaining garlic salt** to a medium pot. Cover and bring to a boil over high heat. Once boiling, remove the pot from heat, then add **couscous**. Stir to combine. Cover and let stand for 5 min, until tender.