













Spicy Harissa and Apricot Chicken Tenders

with Couscous, Tzatziki and Feta

20-min

Spicy



-  Chicken Tenders
-  Couscous
-  Sweet Bell Pepper
-  Baby Tomatoes
-  Mini Cucumber
-  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, small bowl, measuring cups, whisk, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders	310 g	620 g
Couscous	½ cup	1 cup
Sweet Bell Pepper	160 g	320 g
Baby Tomatoes	113 g	227 g
Mini Cucumber	66 g	132 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*	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 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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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.



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.



Prep

- Meanwhile, thinly slice **cucumber**.
- Core, then cut **pepper** into ½-inch pieces.
- Halve **tomatoes**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



Season tzatziki

- Add **tzatziki**, **¼ tsp sugar** and **1 tbsp water** (dbl both for 4 ppl) to a small bowl. (TIP: Squeeze a lemon wedge into the sauce, if desired!)
- Season with **salt** and **pepper**, then stir to combine.



Marinate veggies

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



Finish and serve

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

Dinner Solved!