



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Dried apricots


Dried apricots add a lovely natural sweetness to this dish! They are high in fibre and a good source of vitamin C.



## B2 Apricot Chicken with Green Beans & Rice

A family classic! Diced chicken simmered in a Moroccan base sauce with dried apricots served over rice and garnished with toasted almonds.

 25 minutes

 2 servings

 Chicken

15 July 2022

## Slow cook it!

*You can cook the apricot chicken in a slow cooker instead. Add the beans towards the end of the cook, serve with rice and garnish with almonds.*

## FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
CARROT	1
DICED CHICKEN THIGHS	300g
MOROCCAN SPICE MIX	1 sachet
TOMATO	1
DRIED APRICOT/ALMOND MIX	1 packet (70g)
GREEN BEANS	1 bag (150g)

## FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, cornflour, 1 stock cube

## KEY UTENSILS

large frypan with lid, saucepan, frypan

## NOTES

You can slice and add the beans to simmer with the chicken if preferred.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



### 2. COOK THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Slice onion and carrot (into crescents). Add to pan along with chicken and spice mix. Cook for 5 minutes until fragrant.



### 3. SIMMER THE SAUCE

Chop tomato and dried apricots, add to pan. Stir in **1/2 tbsp cornflour** and **1/2 crumbled stock cube** until coated. Slowly stir in **3/4 cup water**. Cover and simmer for 10 minutes until thickened and chicken cooked through.



### 4. TOAST THE ALMONDS

Add almonds to a dry frypan over medium-high heat. Toast for 3–4 minutes until golden. Remove from pan and set aside.



### 5. COOK THE BEANS

Trim and halve beans. Add to pan along with **1 tsp butter**. Cook for 3–5 minutes until tender (see notes). Season with **pepper**.



### 6. FINISH AND SERVE

Season chicken with **salt and pepper**. Serve with rice and beans on the side. Garnish with toasted almonds.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

