



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.



B4 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

 4 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	300g
BROWN ONION	1
CARROT	1
DICED CHICKEN THIGHS	600g
MOROCCAN SPICE MIX	1 sachet
TOMATOES	2
DRIED APRICOT/ALMOND MIX	1 packet (120g)
GREEN BEANS	1 bag (250g)

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

