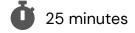




# **Apricot Chicken**

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.







# 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 mediumhigh 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.

