



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.



Apricot Chicken with Green Beans & Rice

A family classic! 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.



25 minutes



2 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	39g	91g

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	70g
GREEN BEANS	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.

Moroccan spice mix: ground cumin, coriander, paprika, turmeric, cinnamon, allspice.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10–15 minutes. Remove from heat, 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.



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