

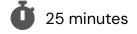




Apricot Chicken

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.

PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
CARROT	1
DICED CHICKEN THIGHS	300g
MOROCCAN SPICE MIX	1 sachet
ТОМАТО	1
DRIED APRICOT/ALMOND MIX	70g
DRIED APRICOT/ALMOND MIX GREEN BEANS	70g 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.



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



