



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.



Speed it up!

You can cook the apricot chicken in a frypan instead. Sauté the onion, carrot, chicken and spices until fragrant. Add remaining sauce ingredients and simmer, covered for 10 minutes.

Slow Cooked Apricot Chicken

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



180 minutes



2 servings



Chicken

Per serve: **PROTEIN** 41g **TOTAL FAT** 22g **CARBOHYDRATES** 96g

FROM YOUR BOX

BASMATI RICE	150g
DICED CHICKEN THIGHS	300g
BROWN ONION	1
CARROT	1
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

slow cooker, 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. SEAR THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Sear **chicken** for **2 minutes**, turning, then transfer to slow cooker. Slice **onion** and **carrot** into crescents and add with **spice mix**.



3. SIMMER THE CHICKEN

Chop **tomato** and **dried apricots**, add to slow cooker (reserve almonds). Stir in **1/2 tbsp cornflour** and **1/2 crumbled stock cube** until coated. Stir in **3/4 cup water**. Set slow cooker to high and simmer for 2-3 hours.



4. TOAST THE ALMONDS

Add **reserved 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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