






### 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.



## 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  4/6 servings  Chicken

### 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.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	39g	21g	87g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
DICED CHICKEN THIGHS	600g	600g + 300g
BROWN ONION	1	1
CARROT	1	2
MOROCCAN SPICE MIX	1 sachet	2 sachets
TOMATOES	2	4
DRIED APRICOT/ ALMOND MIX	120g	120g + 70g
GREEN BEANS	250g	250g + 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*



Scan the QR code to submit a Google review!



### 1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml 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.

**6P** – cover rice with 900ml water.



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

**6P** – stir in 1 1/2 tbsp cornflour and 1 1/2 crumbled stock cube until coated. Slowly stir in 1 1/4 cup water.



### 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 **1/2 tbsp butter**. Cook for 3-5 minutes until tender (see notes). Season with **pepper**.

**6P** – add to pan along with 1 1/2 tsp butter.



### 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

