

Apricot Chicken

with Parsley Potatoes and Green Beans

 30-40min  2 Servings

What we send

- 12 oz pkg boneless, skinless chicken breasts
- 2 Yukon gold potatoes
- 1/4 oz fresh parsley
- garlic
- 8 oz can tomato sauce
- 1 oz dried apricots ¹²
- 1/4 oz warm spice blend
- 1 medium yellow onion
- 1/2 lb green beans
- 1 oz walnuts ¹⁵

What you need

- olive oil
- kosher salt & ground pepper

Tools

- large pot
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sulphur dioxide and sulphites (12), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving



1. Prep ingredients

Finely chop 3 teaspoons of garlic. Thinly slice apricots. Halve and thinly slice onion. Cut potatoes into 1-inch pieces; place in a medium saucepan with 1 tablespoon salt. Add cold water to cover by 1/2 inch; cover and bring to a boil. Cook until tender, 4-6 minutes; drain, and return to saucepan. Cover to keep warm until step 6.



2. Toast nuts

Meanwhile, heat 1 teaspoon oil in medium skillet over medium. Add walnuts and toast until browned and fragrant, 3-5 minutes. Keep a close eye as they burn easily. Transfer to small bowl and set aside until step 6.



3. Cook beans

Heat 2 teaspoons oil in medium skillet over medium-high. Add green beans and a pinch of salt and pepper. Cook, stirring occasionally, until crisp tender and browned in spots, 2-3 minutes. Add 1 teaspoon of the chopped garlic and toss to combine, cook until fragrant, about 1 more minute. Transfer beans to a bowl and cover to keep warm. Wipe skillet clean and return to stovetop.



4. Cook chicken

Pat chicken dry and season all over with salt and pepper. Heat 1 tablespoon oil over medium-high. Sear chicken on both sides until browned and cooked through, 5-7 minutes flipping halfway. Transfer to plate.



5. Make sauce

To skillet add remaining garlic and cook for another 30 seconds. Add 1/2 cup water, apricot jam, turkey broth packet, sliced apricots, and 1/2 teaspoon vinegar. Bring to a simmer, scraping the bottom of the pan. Simmer until sauce is reduced by half, 2-3 minutes. Return chicken to pan to coat with sauce and warm through, 1 more minute.



6. Finish and serve

Toss potatoes with 1 tablespoon oil and chopped parsley. Season to taste with salt and pepper. Plate potatoes and string beans alongside chicken. Garnish chicken with toasted walnuts. Enjoy!