

DINNERLY



Apricot-Glazed Harissa Chicken with Garlicky Green Beans & Rice



20-30min



2 Servings

We love fast food. Not the kind you pick up at a drive-thru window, but the nutritious, satisfying kind that you cook at home. This apricot-glazed and harissa-spiced chicken breast feels fancy and special, without stealing too much of your time. The side of blistered green beans and bed of rice makes this a well rounded meal that you're sure to cook on repeat. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- ½ lb green beans
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz harissa spice blend
- 2 (½ oz) apricot preserves

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- apple cider vinegar
- sugar
- olive oil

TOOLS

- small saucepan
- medium skillet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 16g, Carbs 79g, Protein 40g



1. Cook rice

In a small saucepan, combine **rice, 1¼ cups water**, and ½ **teaspoon salt**. Bring to a boil over high heat. Cover and cook over low heat until water is absorbed and rice is tender, about 17 minutes. Keep covered off heat until ready to serve.



2. GREEN BEAN VARIATION

Trim stem ends from **green beans**. Finely chop 1 **teaspoon garlic**.

Pat **chicken** dry, then season all over with 1½ **teaspoons harissa spice blend** and ½ **teaspoon salt**.

In a small bowl, combine **apricot preserves, 2 tablespoons water, 1 tablespoon vinegar**, and ½ **teaspoon sugar**.



3. Cook green beans

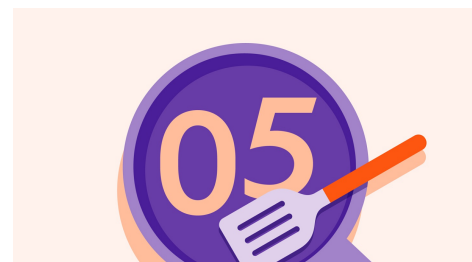
Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add **green beans** and a **pinch each of salt and pepper**. Cook, stirring occasionally, until crisp-tender and golden brown, 4–5 minutes. Add **chopped garlic** and 1 **teaspoon vinegar**; cook until fragrant, 30 seconds. Transfer to a bowl; cover to keep warm. Wipe out skillet.



4. Cook chicken & pan sauce

Heat 1 **tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board.

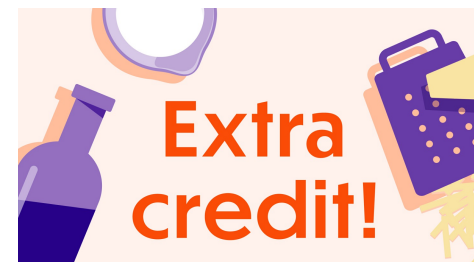
Add **apricot mixture** to skillet. Bring to a simmer and cook until thickened and reduced to 2 tablespoons, about 30 seconds. Season to taste with **salt** and **pepper**.



5. Finish & serve

Fluff **rice** with a fork.

Serve **harissa chicken** over **rice** with **apricot glaze** spooned over top and with **green beans** alongside. Enjoy!



6. Make it picky eater proof

For step 2, only sprinkle harissa spice blend on the pieces of chicken destined for those who like a little heat!