

DINNERLY



Harissa-Spiced Chicken & Roasted Carrots

with Apricot-Rice Pilaf



20-30min



2 Servings

We love a tasty tagine, but not when dinner needs to be on the table in a hurry! So we deconstructed the Moroccan stew to make a delicious meal that you don't need hours, a ton of ingredients, or any special equipment to make! Tender chicken is seasoned with harissa spice. Dried apricots are folded into the jasmine rice for the perfect sweet and savory side. We've got you covered!

WHAT WE SEND

- 1 red onion
- 2 carrots
- 1 oz dried apricots ¹⁷
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz harissa spice blend
- 5 oz jasmine rice

WHAT YOU NEED

- garlic
- olive oil
- apple cider vinegar (or white wine vinegar)
- butter ⁷
- kosher salt & ground pepper

TOOLS

- large ovenproof skillet
- small saucepan

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

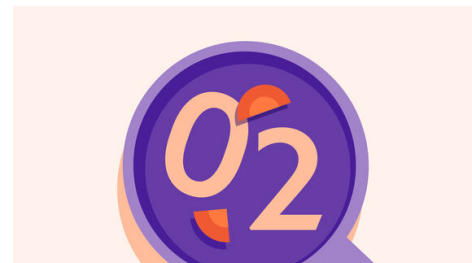
Calories 730kcal, Fat 25g, Carbs 94g, Protein 35g



1. Prep ingredients

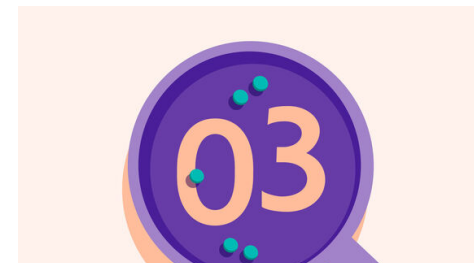
Preheat oven to 450°F with a rack in the lower third.

Halve **onion**, then cut into ¼-inch thick wedges; finely chop ¼ **cup onions**. Finely chop 1 **teaspoon garlic**. Scrub and trim **carrots**; cut into ¼-inch pieces on an angle. Chop **apricots**, if necessary. Pat **chicken** dry; season with 1 **teaspoon harissa spice** and a **generous pinch** each of salt and pepper.



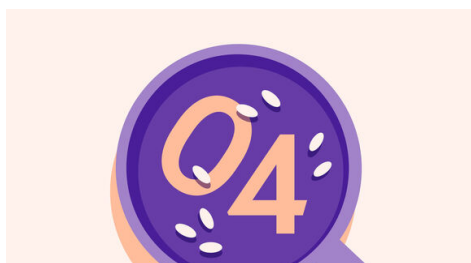
2. RICE VARIATION

Heat 1 **tablespoon oil** in a small saucepan over medium-high. Add **chopped onions and garlic**; stir until softened, 2–3 minutes. Add **apricots** and **rice** and toast, stirring until golden, 1 minute. Add 1 ¼ **cups water**, and ½ **teaspoon salt**; bring to a boil over high heat. Cover; cook over low heat until rice is tender and water is absorbed, about 17 minutes. Remove from heat.



3. Roast onions & carrots

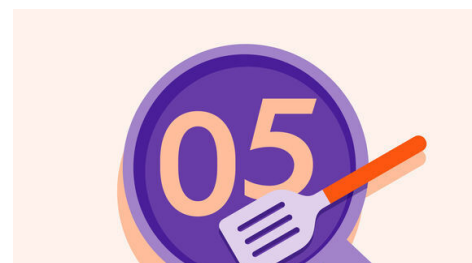
Transfer **sliced onions and carrots** to a large ovenproof skillet; toss with 2 **teaspoons oil** and season with **salt** and **pepper**. Roast on lower oven rack until just tender and browned in spots, 10–12 minutes.



4. Cook chicken

Carefully transfer skillet to stovetop over medium-high heat. Push **veggies** to one side, then add 1 **teaspoon oil** to empty side. Add **chicken** and cook until browned on the bottom, 2–3 minutes. Flip chicken and stir 2 **tablespoons water** into veggies.

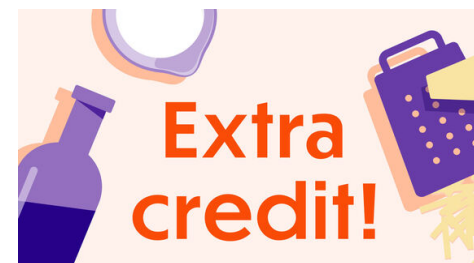
Roast on lower oven rack until chicken is cooked through, about 6 minutes. Transfer chicken to a plate; let rest 5 minutes.



5. Finish & serve

In skillet with **veggies** over medium heat, add 3 **tablespoons water**, 1 ½ **tablespoons butter**, and ½ **teaspoon vinegar**. Stir until butter melts, about 1 minute. Season to taste with **salt** and **pepper**.

Serve **chicken, veggies** and **couscous pilaf** with **pan sauce** over top. Enjoy!



6. Mix it up!

Instead of mixing the apricots into your rice, make a chutney! Finely chop apricots into ⅛-inch pieces, then transfer to a small saucepan. Add 2 ½ **tablespoons vinegar**, ¼ **cup water**, and 1 **tablespoon sugar**, and bring to a boil. Reduce heat to medium and cook until liquid is reduced to a syrup, 3–4 minutes. Season to taste with salt. Spoon over your chicken and veggies.