



Moroccan Chicken Thighs

with Apricot Chutney & Kale Salad



20-30min



2 Servings

The method of pounding meat thin truly maximizes its flavor potential. It creates more surface area for all those yummy spices to cling to, plus there's more contact with the skillet, creating lots of delicious crispy bits. The apricot chutney does double duty as part salad dressing and part condiment.

What we send

- 12 oz pkg boneless, skinless chicken thighs
- ¼ oz ras el hanout
- 1 oz diced dried apricots ¹²
- 1 bunch curly kale
- 2 (¾ oz) Parmesan ⁷
- 1 oz salted almonds ¹⁵

What you need

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

Tools

- meat mallet (or heavy skillet)
- small saucepan
- medium heavy skillet

Allergens

Milk (7), 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

Calories 800kcal, Fat 57g, Carbs 24g, Protein 49g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Prep chicken

Pat **chicken** dry. Using a meat mallet or heavy skillet, pound chicken to an even ½-inch thickness.

Rub all over with **1 tablespoon oil**; season with **1¼ teaspoons ras el hanout**, **½ teaspoon salt**, and **several grinds of pepper**. Set aside until step 4.



4. Cook chicken

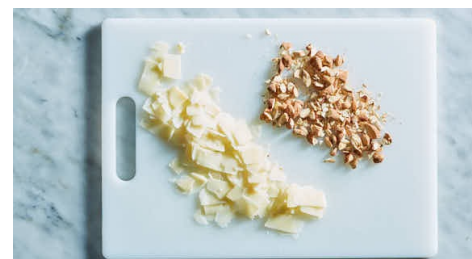
Heat **1 tablespoon oil** in a medium heavy skillet over medium-high. Add **chicken** and cook, turning occasionally, until lightly charred in spots and cooked through, 3-4 minutes per side. Transfer to a cutting board and loosely cover with foil. Let rest for 5 minutes.



2. Make chutney

Finely chop **apricots** into ⅛-inch pieces, if necessary.

Add to a small saucepan with **¼ cup water**, **2½ tablespoons vinegar**, and **1 tablespoon sugar**. 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**.



5. Prep Parmesan & almonds

While **chicken** cooks, use a vegetable peeler to thinly shave **Parmesan** (or cut into very thin slices).

Coarsely chop **almonds**.



3. Prep kale

Meanwhile, strip **kale leaves** from stems; discard stems. Stack leaves, roll like a cigar, then cut crosswise into thin ribbons.

Toss in a large bowl with **½ teaspoon each of salt and sugar**. Using your hands, squeeze and massage kale until softened, about 10 times.



6. Finish & serve

Add **2 tablespoons vinegar** and **¼ cup oil** to bowl with **kale**; toss to combine. Add **Parmesan** and **⅓ of the chutney**; toss to combine. Spoon onto plates and sprinkle with **almonds**. Cut **chicken** into ½-inch thick slices.

Serve **chicken** and **salad** with **remaining chutney** alongside. Enjoy!