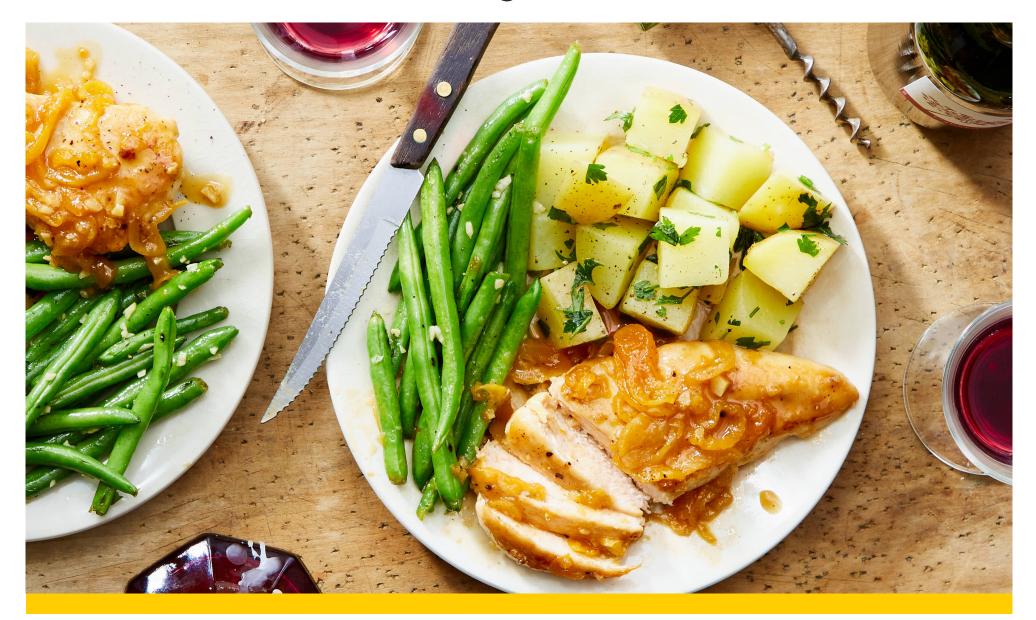
# MARLEY SPOON



## **Apricot Chicken & Broccoli**

with Parsley Potatoes

30-40min 2 Servings

Preserves and dried fruit make a great addition to your dinnertime routine. Here we combine apricot jam and dried apricots with tangy vinegar, garlic, and broth to create a luscious sauce for pan-roasted chicken. It's a little sweet and a little savory but entirely delicious. We add crisp broccoli and herby potatoes tossed in fresh parsley to the plate for a balanced bite.

## What we send

- garlic
- 1 oz diced dried apricots <sup>12</sup>
- 2 potatoes
- 1 oz walnuts <sup>15</sup>
- ½ lb broccoli
- 12 oz pkg boneless, skinless chicken breasts
- 2 (½ oz) apricot preserves
- 1 pkt turkey broth concentrate
- ¼ oz fresh parsley

## What you need

- kosher salt & ground pepper
- olive oil
- apple cider vinegar (or red wine vinegar)

## Tools

- medium saucepan
- medium skillet

#### 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

Calories 740kcal, Fat 33g, Carbs 69g, Protein 49g



## **1. Prep ingredients**

Finely chop **3 teaspoons garlic**. Scrub **potatoes**, then cut into 1-inch pieces. Place potatoes in a medium saucepan; add **1 tablespoon salt** and enough cold water to cover by ½-inch. Cover and bring to a boil. Cook until potatoes are just tender when pierced with a knife, 4-6 minutes. Drain and return potatoes to saucepan. Cover to keep warm until step 6.



4. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** over medium-high. Add chicken and cook, flipping halfway through, until browned and cooked through, 5-7 minutes. Transfer chicken to a plate.



## 2. Toast walnuts

5. Make sauce

Meanwhile, heat **1 teaspoon oil** in a medium skillet over medium. Add **walnuts** and toast until browned and fragrant, 3-5 minutes (watch closely, they can burn easily).

Transfer to a small bowl and set aside until step 6. Wipe out skillet.

Add remaining chopped garlic to same

skillet and cook, stirring, until fragrant,

preserves, broth concentrate, diced

apricots, <sup>1</sup>/<sub>2</sub> cup water, and <sup>1</sup>/<sub>2</sub> teaspoon

**vinegar**. Bring to a simmer, scraping up

browned bits from the bottom. Simmer

about 30 seconds. Stir in **apricot** 

until sauce is reduced by half, 2-3 minutes. Return **chicken**, turning to coat

in sauce, about 1 minute.



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

## 3. Cook broccoli

Cut **broccoli** into 1-inch florets, if necessary. Heat **2 teaspoons oil** in same skillet over medium-high. Add **broccoli** and **a pinch each of salt and pepper**. Cook, stirring occasionally, until crisptender and browned in spots, 2-3 minutes. Add **1 teaspoon of the chopped garlic** and cook, tossing, until fragrant, 1 minute. Transfer to a bowl and cover to keep warm. Wipe out skillet.



6. Finish & serve

Coarsely chop **parsley leaves and stems**. Toss **potatoes** with **chopped parsley** and **1 tablespoon oil**. Season to taste with **salt** and **pepper**.

Serve **chicken and sauce** with **potatoes** and **broccoli** alongside. Garnish **chicken** with **toasted walnuts**. Enjoy!