





Apricot Chicken & Parsley Potatoes

with Brussels Sprouts

 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 Brussels sprouts and herby potatoes tossed in fresh parsley to the plate for a balanced bite.

What we send

- garlic
- 1 oz diced dried apricots ¹²
- 2 potatoes
- 1 oz walnuts ¹⁵
- ½ lb Brussels sprouts
- 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 750kcal, Fat 33g, Carbs 71g, Protein 50g



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

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.

Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large).



5. Make sauce

Add **remaining chopped garlic** to same skillet and cook, stirring, until fragrant, about 30 seconds. Stir in **apricot preserves, broth concentrate, sliced apricots, ½ cup water, and ½ teaspoon vinegar**. Bring to a simmer, scraping up browned bits from the bottom. Simmer until sauce is reduced by half, 2–3 minutes. Return **chicken**, turning to coat in sauce, about 1 minute.



3. Cook Brussels sprouts

Heat **2 teaspoons oil** in same skillet over medium-high. Add **Brussels sprouts** and **a pinch each 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 cook, tossing, until fragrant, about 1 minute. Transfer beans 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 **Brussels sprouts** alongside. Garnish **chicken** with **toasted walnuts**. Enjoy!