



Moroccan Chicken Breast

with Apricot Chutney & Kale Salad



20-30min



2 Servings

Ras el hanout-spiced chicken sears up in a hot pan until it's golden. Set atop a bed of tender kale studded with salted almonds, it's nearly too good to be true. The apricot chutney does double duty as part salad dressing and part condiment.

What we send

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

What you need

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

Tools

- small saucepan
- medium heavy skillet

Allergens

Milk (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 51g, Carbs 24g, Protein 53g



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. 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 until golden brown and cooked through, 3-4 minutes per side. Transfer to a cutting board to rest, 5 minutes.

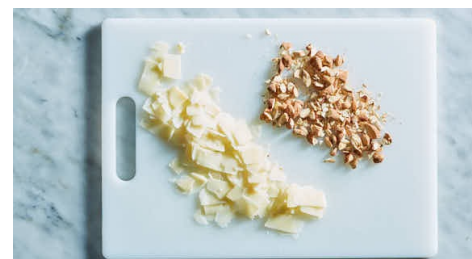


2. Make chutney

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).

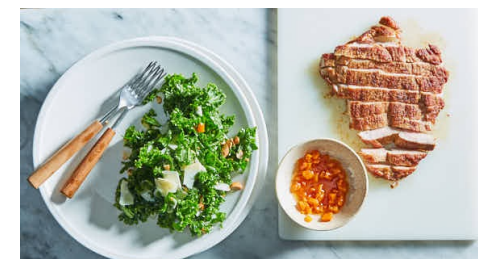
Coarsely chop **almonds**.



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!