

DINNERLY



Harissa-Spiced Chicken & Roasted Carrots

with Apricot-Quinoa 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 quinoa for the perfect sweet and savory side. We've got you covered!

WHAT WE SEND

- 1 red onion
- 6 oz carrots
- 1 oz diced dried apricots
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz harissa spice blend
- 3 oz white quinoa

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil
- apple cider vinegar (or white wine vinegar)
- butter ¹

TOOLS

- large ovenproof skillet
- small saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 620kcal, Fat 27g, Carbs 63g, Protein 36g



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**.



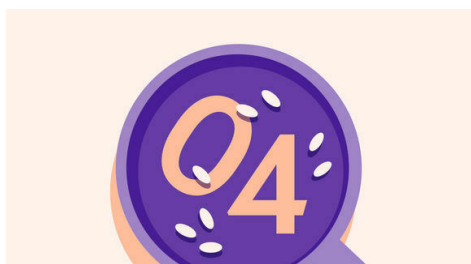
2. Make quinoa pilaf

Heat 1 **tablespoon oil** in a small saucepan over medium-high. Add **chopped onions and garlic**; stir until softened, 2–3 minutes. Add **apricots, quinoa, ¾ cup water**, and ½ **teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15–20 minutes. Keep covered off heat until ready to serve.



3. Roast onions & carrots

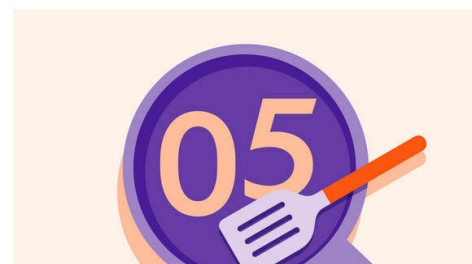
Transfer **sliced onions and carrots** to a large ovenproof skillet; toss with 2 **teaspoons oil** and season with **salt** and **pepper**. Roast on lower oven rack until just tender and browned in spots, 10–12 minutes.



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.

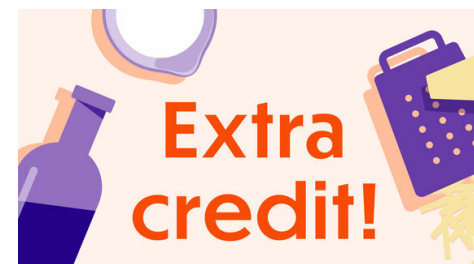
Roast on lower oven rack until chicken is cooked through, about 6 minutes. Transfer chicken to a plate; let rest 5 minutes.



5. Finish & serve

In skillet with **veggies** over medium heat, add 3 **tablespoons water**, 1½ **tablespoons butter**, and ½ **teaspoon vinegar**. Stir until butter melts, about 1 minute. Season to taste with **salt** and **pepper**. Cover to keep warm.

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



6. Mix it up!

Instead of mixing the apricots into your quinoa, make a chutney! Finely chop apricots into ⅛-inch pieces, then transfer to a small saucepan. Add 2½ **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.