

# DINNERLY



## Harissa-Spiced Chicken & Roasted Carrots

with Apricot-Brown Rice Pilaf



40-50min



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 brown rice for the perfect sweet and savory side. We've got you covered!



## WHAT WE SEND

- 5 oz brown rice
- 1 oz diced dried apricots
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz harissa spice blend
- 1 red onion
- 6 oz carrots

## WHAT YOU NEED

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

## TOOLS

- large ovenproof skillet
- medium saucepan

## ALLERGENS

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

## NUTRITION PER SERVING

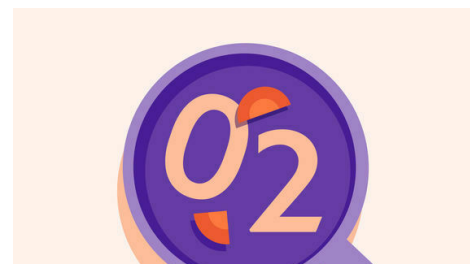
Calories 730kcal, Fat 27g, Carbs 89g, Protein 36g



### 1. BROWN RICE VARIATION

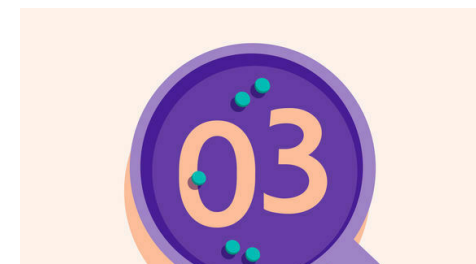
Preheat oven to 450°F with a rack in the lower third. Bring a medium saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, 35–40 minutes. Drain in a fine-mesh sieve. Reserve saucepan.

Chop **apricots**, if necessary. Pat **chicken** dry; season with **1 teaspoon harissa spice and salt and pepper**.



### 2. Roast onions & carrots

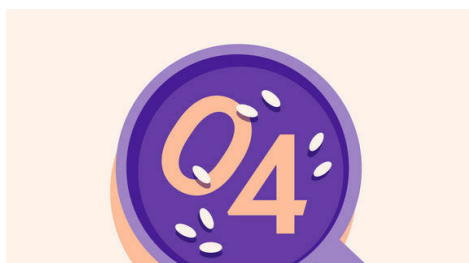
Halve **onion**, then cut into ¼-inch thick wedges; finely chop ¼ **cup onions**. Finely chop **1 teaspoon garlic**. Scrub and trim **carrots**; cut into ¼-inch pieces on an angle. Transfer **sliced onions and carrots** to a large ovenproof skillet; toss with **2 teaspoons oil** and season with **salt and pepper**. Roast on lower oven rack until just tender and browned in spots, 10–12 minutes.



### 3. Cook chicken

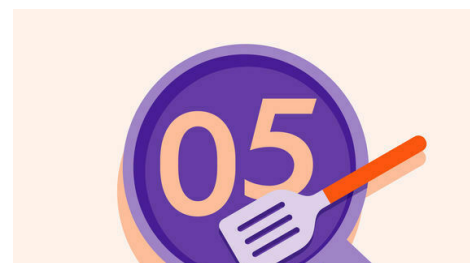
Carefully transfer skillet to stovetop over medium-high heat. Push **veggies** to one side, then add **1 teaspoon oil** to empty side. Add **chicken** and cook until browned on the bottom, 2–3 minutes. Flip chicken and stir **2 tablespoons water** into veggies.

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



### 4. Finish onions & carrots

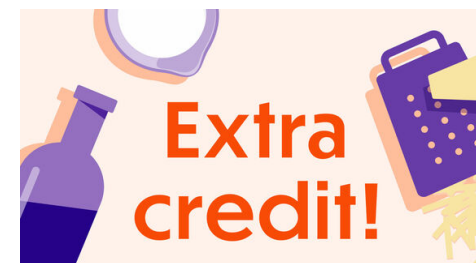
In skillet with **veggies** over medium heat, add **3 tablespoons water**, **1½ tablespoons butter**, and **½ teaspoon vinegar**. Stir until butter melts, about 1 minute. Season to taste with **salt and pepper**. Cover to keep warm.



### 5. Cook pilaf & serve

Heat **1 tablespoon oil** in reserved saucepan over medium-high. Add **chopped onions and garlic**; stir until softened, 2–3 minutes. Add **apricots, brown rice**, and **¼ teaspoon salt**. Cook, stirring, until flavors have melded, about 1 minute.

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



### 6. Mix it up!

Instead of mixing the apricots into your pilaf, 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.