



DINNERLY



FAST

NO ADDED GLUTEN

Apricot-Glazed Spiced Chicken with Garlicky Zucchini & Rice

 20-30min  2 Servings

We love fast food. Not the kind you pick up at a drive-thru window, but the nutritious, satisfying kind that you cook at home. This apricot glazed chicken breast feels fancy and special, without stealing too much of your time. The side of caramelized zucchini and bed of rice makes this a well rounded meal that you're sure to cook on repeat. We've got you covered!

WHAT WE SEND

- harissa
- boneless, skinless chicken breasts
- jasmine rice
- apricot jam
- zucchini
- garlic

WHAT YOU NEED

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

TOOLS

- fine-mesh sieve
- medium skillet
- small saucepan

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 560.0kcal, Fat 17.0g, Proteins 31.0g, Carbs 69.0g



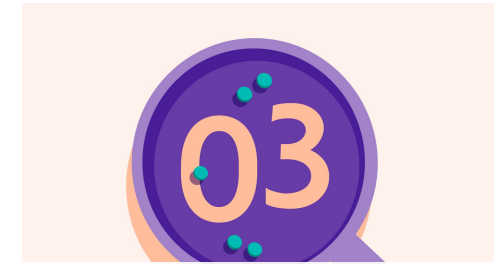
1. Cook rice

Rinse **rice** in a fine-mesh sieve until water runs clear. Transfer to a small saucepan with **1¼ cups water** and **½ teaspoon salt** and bring to a boil. Cover and cook over low heat until water is absorbed and rice is tender, about 17 minutes. Keep covered until ready to serve.



2. Prep ingredients

Trim stem ends from **zucchini**, then cut into 1-inch pieces. Peel and finely chop **1 teaspoon garlic**. Pat **chicken** dry, then sprinkle all over with **1½ teaspoons harissa spice blend** and season all over with **½ teaspoon salt**. In a small bowl, combine **apricot jam**, **1 tablespoon vinegar**, **½ teaspoon sugar**, and **2 tablespoons water**.



3. Cook zucchini

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **zucchini** and a **pinch each salt and pepper** and cook, stirring occasionally, until crisp tender and golden brown, 4–5 minutes. Add **garlic** and **1 teaspoon vinegar** and cook 30 seconds more. Transfer to a bowl; cover to keep warm. Rinse and dry skillet.



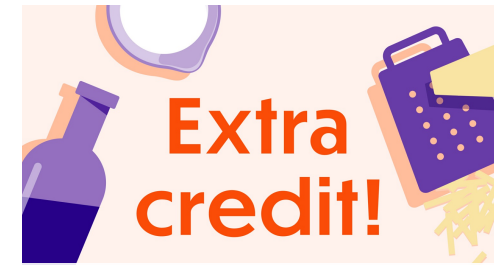
4. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until golden brown and cooked through, 2–3 minutes per side. Transfer chicken to cutting board, then add **apricot mixture** to skillet. Bring to a simmer and cook until sauce is thickened and reduced to **2 tablespoons**, about 30 seconds. Season to taste with **salt and pepper**.



5. Serve

Fluff **rice** and serve with **zucchini**, topped with **chicken**. Spoon **apricot glaze** over top of **chicken**. Enjoy!



6. Make it picky eater proof

For step 2, only sprinkle harissa spice blend on the pieces of chicken destined for those who like a little heat!