



APRICOT, ALMOND & CHICKPEA TAGINE

with Zucchini, Basmati Rice & Chermoula



HELLO TAGINE

Our quick-cooking riff on the slow-simmering stew from Morocco, named for the conical pot it's traditionally cooked in

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 950**



Zucchini



Garlic



Lemon



Chickpeas



Veggie Stock Concentrates



Tunisian Spice Blend



Dried Apricots



Yellow Onion



Cilantro



Jalapeño



Sour Cream
(Contains: Milk)



Basmati Rice



Sliced Almonds
(Contains: Tree Nuts)



Hot Sauce

START STRONG

Fluffing rice right before serving is a simple (but essential!) step. Why go through the trouble? A fork helps make sure each grain keeps its individual texture, yielding light and tender results.

BUST OUT

- Zester
- Large pan
- Strainer
- Kosher salt
- Paper towels
- Black pepper
- Small pot
- 2 Small bowls
- Olive oil (3 TBSP | 4 TBSP)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Yellow Onion **1 | 2**
- Cilantro **¼ oz | ½ oz**
- Garlic **1 Clove | 2 Cloves**
- Lemon **1 | 2**
- Jalapeño **1 | 2**
- Zucchini **1 | 2**
- Chickpeas **13.4 oz | 26.8 oz**
- Basmati Rice **½ Cup | 1 Cup**
- Veggie Stock Concentrates **2 | 4**
- Sour Cream **4 TBSP | 8 TBSP**
- Tunisian Spice Blend **1 TBSP | 2 TBSP**
- Sliced Almonds **½ oz | 1 oz**
- Dried Apricots **1 oz | 2 oz**
- Hot Sauce **1 tsp | 2 tsp**



1 PREP

Wash and dry all produce. Halve, peel, and dice **onion**. Mince **cilantro**. Peel and mince or grate **garlic**. Zest and halve **lemon** (for 4 servings, zest 1 lemon and halve both). Mince **jalapeño**, removing ribs and seeds for less heat. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Drain and rinse **chickpeas**; pat dry with paper towels.



4 COOK VEGGIES

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **zucchini** and remaining **onion**. Cook, stirring, until softened and lightly browned, 5-7 minutes (7-10 minutes for 4 servings). Add **Tunisian Spice**, remaining **garlic**, and a big pinch of **salt**. Cook, stirring, until fragrant, 1-2 minutes.



2 COOK RICE

Heat a drizzle of **olive oil** in a small pot over medium-high heat. Add a quarter of the **onion**; cook, stirring, until just softened, 2-3 minutes. Stir in **rice**, ¾ cup **water** (1½ cups for 4 servings), half the **stock concentrates** (you'll use the rest later), and a pinch of **salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until tender, 15-18 minutes. Keep covered off heat until ready to serve.



5 SIMMER TAGINE

Pour ⅓ cup **water** (⅔ cup for 4 servings) and remaining **stock concentrates** into pan. Stir in **chickpeas** and bring to a low simmer. Cook until liquid is slightly reduced, 1-2 minutes. Reduce heat to low; stir in **1 TBSP butter** (2 TBSP for 4) until melted. Season with **salt** and **pepper**.



3 MAKE CHERMOULA & LEMON CREAM

While rice cooks, in a small bowl, combine **cilantro**, **2 TBSP olive oil** (3 TBSP for 4 servings), a pinch of **garlic**, **salt**, and **pepper**. Add **lemon juice** to taste and as much **jalapeño** as you like. Taste and add more garlic if desired. In a separate small bowl, combine **sour cream**, a pinch of **salt**, and as much **lemon zest** as you like. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



6 FINISH & SERVE

Fluff **rice** with a fork; stir in **1 TBSP butter** (2 TBSP for 4). Season with **salt** and **pepper**. Divide between plates and top with **tagine**. Top with **almonds** and **apricots**. (**TIP:** Toast almonds before adding if you like.) Drizzle with **lemon cream** and **chermoula**. Drizzle with **hot sauce** if desired. Cut any remaining **lemon** into wedges; serve on the side.

FEELIN' SAUCY

Try making chermoula again to drizzle over roasted cauliflower.



Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com