



**GREEN  
CHEF**

# HARISSA APRICOT CHICKEN

*almonds, smoky farro with kale & currants*

## COOK TIME

35 MIN

## SERVINGS

2

## CALORIES PER SERVING

740

## MENU

MEDITERRANEAN

Tonight's chicken has smoky, sweet, and spicy written all over it. Chicken is given a touch of warming heat, thanks to harissa seasoning on the cutlets and a harissa-spiced apricot sauce. For a dose of smoky flavor, chewy farro is cooked with our applewood spice blend, then mixed with sautéed kale, sweet currants, and fragrant garlic. A garnish of almonds on top adds a light crunch to the dish.

## INGREDIENTS (10 ITEMS)

¾ cup	<b>Farro</b> <small>W</small>
1 tsp	<b>Smoky applewood spice blend</b>
2¾ oz	<b>Green kale</b>
¼ oz	<b>Garlic</b>
½ oz	<b>Roasted almonds</b> <small>T</small>
2 (5 oz)	<b>Chicken cutlets*</b>
1 tsp	<b>Harissa seasoning</b>
1¼ oz	<b>Apricot jam</b>
1 whole	<b>Vegetable stock concentrate</b>
½ oz	<b>Currants</b>

## WHAT YOU'LL NEED

medium pot  
medium & large sauté pans  
measuring spoons  
strainer  
thermometer  
cooking & olive oils  
1 tbsp butter M  
salt & pepper

## ALLERGENS

- W WHEAT
- T TREE NUTS (almonds)
- M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Chicken is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 COOK FARRO

- Bring a medium pot of lightly salted water to a boil. Add **farro** to boiling water. Stir, then reduce heat to medium low. Cook 30 minutes, or until tender\*, stirring occasionally.
- Strain **farro**; shake off excess water. Return to pot. Drizzle with 1 teaspoon olive oil. Add **smoky applewood spice blend**. Stir to coat. (You'll finish the farro in Step 5.)

\*Farro has a slightly firmer texture than some other grains.

## 4 COOKING FOR

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 PREP

- Remove and discard any thick center stems\* from **green kale\*\***. Roughly chop leaves into bite-size pieces.
- Mince **garlic**.
- Roughly chop **roasted almonds**.

\*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

\*\*The ingredient you received may be a different color.

## 3 SEASON &amp; COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and a generous pinch of **harissa seasoning**.
- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 3-5 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board. (Reserve pan for Step 5.)

## 4 MAKE SAUCE

- Heat **apricot jam**, **vegetable stock concentrate**, remaining **harissa seasoning**, 1 tablespoon butter, and about 2 tablespoons water in a medium sauté pan over medium heat. Bring to a simmer. Cook 3-4 minutes, or until sauce has slightly thickened, stirring occasionally. Remove from heat.

## 5 SAUTÉ KALE &amp; FINISH FARRO

- Return pan used for chicken to stovetop over medium heat. Add **kale**, **garlic**, **currants**, and 2 tablespoons water. Season with salt and pepper. Cook 1-2 minutes, or until kale is slightly wilted and garlic is fragrant, stirring occasionally.
- Transfer **kale**, **garlic**, and **currants** to pot with **farro**. Stir to combine. Season with salt and pepper to taste.

## 6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **smoky farro with kale and currants** between plates. Top with **chicken**. Spoon **harissa apricot sauce** over top. Garnish with **almonds**. Enjoy!





**Nutrition Facts**

2 Servings per container

**Serving size** (312g)

**Amount per serving**

**Calories** 740

	% Daily Value*
<b>Total Fat</b> 27g	35%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 125mg	42%
<b>Sodium</b> 430mg	19%
<b>Total Carbohydrate</b> 77g	28%
Dietary Fiber 8g	29%
Total Sugars 20g	
Includes 12g Added Sugars	24%
<b>Protein</b> 47g	
Vitamin D 0mcg	0%
Calcium 129mg	10%
Iron 5mg	30%
Potassium 1177mg	25%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**All ingredients in this recipe:**

**Chicken Cutlets** [chicken], **Farro** [pearled farro wheat], **Dried Currants** [raisins], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Almonds** [almonds], **Green Kale**, **Garlic**, **Apricot Jam** [organic apricots, organic cane sugar, pectin solution (water, apple pectin), ascorbic acid (vitamin c), citric acid], **Harissa Seasoning** [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], **Smoky Applewood Spice Blend** (Sweet Paprika, Applewood-Smoked Sea Salt, Granulated Garlic, Dried Mustard, Smoked Paprika, Black Pepper, Dried Thyme)

**Allergen information:**

Contains Tree Nuts And Wheat

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*