

# Moroccan Chicken

with Prunes & Brown Rice

**PREP TIME:** 15 minutes

**COOK TIME:** 35-45 minutes

**SERVINGS:** 2

The vibrant sauce for tonight's chicken calls on three hallmarks of Moroccan cooking: tomatoes, dried fruit and fragrant, warming spices. Along with the sautéed carrots in our brown rice, the prunes offer a sweet counterpoint to the spices, including coriander, turmeric and hot cayenne. To maximize all of the dish's flavors, we're browning the chicken, then simmering it in the sauce. (Remember not to spoon the sauce over the chicken—this way, the skin will stay deliciously crispy on top.)



#### BLUE APRON WINE PAIRING:

Osorio Carménère, 2016

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## Ingredients



2  
BONELESS, SKIN-  
ON CHICKEN  
THIGHS



1/2 cup  
BROWN RICE



1 14-oz can  
WHOLE SAN  
MARZANO  
TOMATOES



2  
CARROTS



2 cloves  
GARLIC



2  
SCALLIONS

#### KNICK KNACKS:



1 Tbsp  
RED WINE  
VINEGAR



4  
PRUNES



1 Tbsp  
HONEY



1 1/2 tsp  
MOROCCAN  
CHICKEN SPICE  
BLEND\*

#### Did You Know?

Soft and sweet,  
prunes are simply  
dried plums.

\* Ground Coriander, Ground Turmeric, Ground Cinnamon & Cayenne Pepper



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## 1 Cook the rice:

- ☐ In a small pot, combine the **rice**, a **big pinch of salt** and **1 cup of water**. Heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 25 to 30 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff the cooked rice with a fork. Cover and set aside in a warm place.

## 2 Prepare the ingredients:

- ☐ While the rice cooks, wash and dry the fresh produce.
- ☐ Peel the carrots; halve lengthwise, then thinly slice crosswise.
- ☐ Peel and mince the garlic.
- ☐ Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops.
- ☐ Roughly chop the prunes.
- ☐ Place the tomatoes in a bowl; gently break apart with your hands.

## 3 Cook the carrots:

- ☐ While the rice continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **carrots** and season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and slightly softened.
- ☐ Transfer to a bowl and season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

## 4 Start the chicken:

- ☐ While the rice continues to cook, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken, skin sides down, and cook 4 to 6 minutes on the first side, or until golden brown. Flip and cook 2 to 3 minutes, or until lightly browned.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate and set aside in a warm place.

## 5 Make the sauce & finish the chicken:

- ☐ To the pan of reserved fond, add the **garlic**, **white bottoms of the scallions**, **prunes** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. (If the pan seems dry, add 1 teaspoon of olive oil.) Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **tomatoes**, **honey**, **half the vinegar** and **¼ cup of water**; season with salt and pepper. Cook, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until well combined. Add the **browned chicken**, skin sides up, and cook, stirring the sauce occasionally, 7 to 8 minutes, or until slightly thickened and the chicken is cooked through. Turn off the heat; season with salt and pepper to taste.

## 6 Finish the rice & plate your dish:

- ☐ To the pot of **cooked rice**, add the **cooked carrots** and **remaining vinegar**. Stir to combine and season with salt and pepper to taste.
- ☐ Divide the finished rice and **finished chicken and sauce** between 2 dishes. Garnish with the **green tops of the scallions**. Enjoy!