

Harissa-Maple Chicken & Orzo Salad

MEDITERRANEAN

with Carrots & Salsa Verde

🕒 25-35 MINS | 2 SERVINGS

To accompany seared chicken spiced with fragrant, herby za'atar (a traditional Middle Eastern blend), we're tossing together tender orzo pasta and sautéed vegetables with our flavor-packed salsa verde, which highlights parsley, capers, garlic, and more.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



¾ lb
BONELESS,
SKINLESS
CHICKEN THIGHS



1
RED ONION



1 ½ Tbsps
MAPLE SYRUP



1 Tbsp
RED HARISSA
PASTE



4 oz
ORZO PASTA



6 oz
CARROTS



⅓ cup
SALSA VERDE



1 Tbsp
ZA'ATAR
SEASONING*

*Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Prepare the ingredients & make the sauce:

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash, dry, and peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Halve, peel, and medium dice the **onion**.
- In a bowl, whisk together the **harissa paste** and **maple syrup**.

2 Cook the pasta:

- Add the **pasta** to the pot of boiling water. Cook, uncovered, 7 to 9 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot. Cover to keep warm.



3 Cook the chicken:

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and enough of the **za'atar** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 5 to 7 minutes per side, or until browned and cooked through.**
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



4 Cook the vegetables:

- In the pan of reserved fond, heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer; season with salt and pepper. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **diced onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened. Turn off the heat.



5 Finish the pasta & serve your dish:

- To the pot of **cooked pasta**, add the **cooked vegetables** and **salsa verde**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** topped with the **cooked chicken** and **sauce**. Enjoy!



**An instant-read thermometer should register 165°F.



NUTRITION PER SERVING (AS PREPARED)* Calories: xxx, Total Carbohydrates: xxxg, Dietary Fiber: xxg, Added Sugar: xg, Total Fat: xxg, Saturated Fat: xxg, Protein: xxg, Sodium: xxxmg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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