

Harissa-Maple Chicken Thighs & Orzo Salad

with Carrots & Salsa Verde

2 SERVINGS | ⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



Ingredients



12 oz Boneless,
Skinless Chicken
Thighs



1 Red Onion



1 ½ Tbsps Maple
Syrup



4 oz Orzo Pasta



⅓ cup Salsa Verde



1 Tbsp Za'atar
Seasoning¹



6 oz Carrots



1 Tbsp Red Harissa
Paste



Serve with Blue Apron
wine that has this symbol
blueapron.com/wine

¹. Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper

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, 8 to 10 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 **2 teaspoons 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 Sugars: XXg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

**For information about our wellness labels visit us at blueapron.com/wellness. SmartPoints are calculated based on as packaged. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron



102620, 2PRE10