



#### In your box

- 2 Green Onions
- ½ cup Jasmine Rice
- 2 Zucchini
- 1 Roma Tomato
- 2 Boneless Skinless Chicken Breasts
- 2 Tbsp. Tomato Paste
- 1 fl. oz. Harissa Sauce
- 1 oz. Crispy Jalapeños
- 2 oz. Sour Cream



## Harissa Chicken Tagine

with zucchini and rice

NUTRITION per serving—Calories: 723, Carbohydrates: 64g, Fat: 30g, Protein: 46g, Sodium: 1632mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**35-45 min.**

Cook Within  
**6 days**

Difficulty Level   
**Easy**

Spice Level   
**Mild**

## 📌 You will need

Olive Oil, Salt, Pepper

Small Pot, Medium Non-Stick Pan

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **green onions**



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### Cook the Rice

- Bring a small pot with **jasmine rice** and 1 cup **water** to a boil. Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner and set aside.
- While rice cooks, prepare ingredients.



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### Prepare the Ingredients

- Trim **zucchini** ends, halve lengthwise, and cut into ¼” half-moons.
- Trim and slice **whites portions of green onions** into 1” pieces. Thinly slice remaining green onions on an angle.
- Core **tomato** and cut into ¼” dice.
- Pat **chicken breasts** dry and, on a separate cutting board, cut into 1” dice. Season with ¼ tsp. **salt** and a pinch of **pepper**.



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### Sear the Chicken

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **chicken pieces** to hot pan. Stir occasionally until lightly browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove chicken to a plate.
- Reserve pan; no need to wipe clean.



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### Make Sauce and Finish Chicken

- Return pan used to sear chicken to medium heat and add 2 tsp. **olive oil**. Add **zucchini** and **white portions of green onions** to hot pan. Stir occasionally until lightly browned, 3-4 minutes.
- Add ½ cup **water**, **tomato**, **tomato paste**, and **harissa** and bring to a boil. Reduce to a simmer, cover, and cook until thickened, 4-6 minutes.
- Remove from burner and stir in **chicken**, ½ tsp. **salt**, and a pinch of **pepper**.



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### Finish the Dish

- Plate dish as pictured on front of card, placing **chicken** on **rice** and garnishing with **green portions of green onions**, **crispy jalapeños** (to taste), and **sour cream**. Bon appétit!