



# CHERMOULA CHICKEN

with Roasted Veggies & Lime Yoghurt



Marinate chicken  
in yoghurt for extra  
tender meat!



Chermoula  
Spice Blend



Greek Yoghurt



Chicken Breast



Zucchini



Carrot



Brown Onion



Slivered Almonds



Garlic



Basmati Rice



Currants



Lime



Parsley



Baby Spinach  
Leaves



Hands-on: **30-40** mins  
Ready in: **40-50** mins



Naturally gluten-free  
*Not suitable for Coeliacs*



Eat me early



Low calorie

With chermoula spice blend coating the chicken and a mouth-watering mix of lime yoghurt, rice studded with currants and sweet roasted veggies, this meal is sure to bring major excitement to the dinner table.

**Pantry Staples:** Olive Oil, Butter



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper** • **medium saucepan** with a **lid** • **large frying pan**



### 1 FLAVOUR THE CHICKEN

Preheat the oven to **220°C/200°C fan-forced**. In a medium bowl, combine the **chermoula spice blend**, **1/2 the salt**, **1/2 the Greek yoghurt** and the **chicken breast**. Season with a **pinch of pepper** and toss to coat. Set aside.



### 2 ROAST THE VEGGIES

Slice the **zucchini** into **2cm half-moons**. Cut the **carrot** (unpeeled) into 2cm chunks. Slice the **brown onion** into 2cm wedges. Place the **veggies** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer and roast until tender, **20-25 minutes**. **TIP:** Cut the veggies to the correct size so they cook in the allocated time. In the last **5 minutes** of cook time, add the **slivered almonds** to the side of the oven tray to toast.



### 4 COOK THE CHICKEN

While the rice is cooking, in a large frying pan heat a **drizzle of olive oil** over a medium-high heat. Add the **chicken** and cook until golden, **2 minutes** each side. **TIP:** Don't worry if the yoghurt chars in the pan, this just adds more flavour! Transfer the **chicken** to a second oven tray lined with baking paper and spoon over any **excess marinade** from the frying pan. Bake until cooked through, **8-12 minutes**. Set aside to rest for **5 minutes**.



### 5 PREP THE YOGHURT

While the **chicken** is cooking, zest the **lime** (see ingredients list) to get a **pinch**, then slice into wedges. In a small bowl, combine the **remaining Greek yoghurt**, the **lime zest**, a **pinch of salt** and **pepper** and a **drizzle of olive oil**. Set aside. Roughly chop the **parsley**. When the rice is done, stir through the **baby spinach leaves**.



### 3 COOK THE RICE

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water**, **currants** and the **remaining salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



### 6 SERVE UP

Thickly slice the chermoula chicken. Divide the rice, roasted veggies and chicken between plates. Drizzle with any chicken resting juices and top with lime yoghurt, almonds and parsley. Serve with the lime wedges. **TIP:** For the low-calorie option, serve with 1/2 the rice and omit the almonds.

## ENJOY!

## 2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
chermoula spice blend	1 sachet	2 sachets
salt*	1/2 tsp	1 tsp
Greek yoghurt	1 packet (100g)	2 packets (200g)
chicken breast	1 packet	1 packet
zucchini	1	2
carrot	1	2
brown onion	1	2
slivered almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1 1/2 cups	3 cups
currants	1 packet	2 packets
lime	1/2	1
parsley	1 bag	1 bag
baby spinach leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2300kJ (549Cal)	384kJ (92Cal)
Protein (g)	45.0g	7.5g
Fat, total (g)	15.0g	2.5g
- saturated (g)	5.8g	1.0g
Carbohydrate (g)	52.9g	8.8g
- sugars (g)	19.6g	3.3g
Sodium (g)	1020mg	170mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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