



Moroccan Spiced Chicken

with Lentil Rice & Cucumber Yoghurt

Grab your Meal Kit
with this symbol



Beetroot



Brown Onion



Garlic



Basmati Rice



Cucumber



Greek Yoghurt



Cherry Tomatoes



Parsley



Lentils



Chicken Tenderloin



Ras El Hanout



Roasted Almonds



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



Low Calorie



Eat me early

Lentil rice – trust us, it's a revelation! Here we've added spiced chicken, cherry tomatoes and roasted almonds for crunch. Don't forget the dollop of cucumber yoghurt – it turns into the perfect sauce to bring it all together.

Pantry items

Olive Oil, Butter

Before you start

Our fruit and veggies need a little wash first!

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
cucumber	1	2
Greek yoghurt	1 packet (100g)	2 packets (200g)
cherry tomatoes	½ punnet (125g)	1 punnet (250g)
parsley	1 bag	1 bag
lentils	½ tin	1 tin
chicken tenderloin	1 packet	1 packet
ras el hanout	1 sachet	2 sachets
roasted almonds	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2290kJ (547Cal)	361kJ (86Cal)
Protein (g)	50.5g	8.0g
Fat, total (g)	13.2g	2.1g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	50.0g	7.9g
- sugars (g)	12.8g	2.0g
Sodium (g)	396mg	62mg

Allergens

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



1. Roast the beetroot

Preheat the oven to **240°C/220°C fan-forced**. Cut the **beetroot** (unpeeled) into 1cm cubes. Slice the **brown onion** into 2cm wedges. Place the **beetroot** and **onion** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



2. Cook the rice

While the beetroot is cooking, 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**, **water** and **salt**, stir, 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!



3. Get prepped

While the rice is cooking, grate the **cucumber** (or finely chop if you prefer!). In a small bowl, combine the **cucumber** and **Greek yoghurt**. Season to taste with **salt** and **pepper**. Halve the **cherry tomatoes** (see ingredients list). Roughly chop the **parsley**. Place the **cherry tomatoes** and **parsley** in a bowl. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to combine. Drain and rinse the **lentils** (see ingredients list).



4. Cook the chicken

Chop the **chicken tenderloins** into bite-sized pieces and place in a bowl with the **ras el hanout**. **Drizzle** with **olive oil**, season generously with **salt** and **pepper** and toss to coat. Heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook, turning, until browned and cooked through, **4-5 minutes**. Transfer to a plate and set aside to rest.

TIP: The chicken will char a little in the pan, this adds to the smokey flavour!



5. Finish the rice

Stir the roasted **beetroot** and **onion** and the **lentils** through the rice. Roughly chop the **roasted almonds**.



6. Serve up

Divide the lentil rice between bowls. Top with the spiced chicken, cherry tomatoes and cucumber yoghurt. Sprinkle over the roasted almonds.

TIP: For the low-calorie option, serve with 1/2 the rice and omit the cucumber yoghurt.

Enjoy!