



More than Food

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Ras el Hanout-Spiced Chicken Thighs

with Freekeh Salad, Butternut, and Lemony Yogurt Sauce

All my recipes are variations of the meals my mother cooked for me growing up. This dish highlights all my favorite flavors of her home cooking; traditional Mediterranean spices, seasonal squash, and, of course, never forget a dollop of thick yogurt and a drizzle of olive oil. I hope you enjoy the dish as much as I always have! – **Chef Nir Mesika**



45 min



level 3



nut free



Chicken Thighs



Freekeh



Vegetable Stock Concentrate



Fava Beans



Grape Tomatoes



Lemon



Red Onion



Cumin



Ras el Hanout



Butternut Squash, pre-cut



Greek Yogurt



Smoked Paprika



Oregano, fresh

Ingredients

	2 People	4 People
Chicken Thighs	16 oz	32 oz
Freekeh	1) ¾ C	1 ½ C
Vegetable Stock Concentrate	1	2
Fava Beans	2 oz	4 oz
Grape Tomatoes	4 oz	8 oz
Lemon	1	2
Red Onion	1	2
Cumin	1 t	2 t
Ras el Hanout	1 t	2 t
Butternut Squash, pre-cut	8 oz	16 oz
Greek Yogurt	2) 5.3 oz	10.6 oz
Smoked Paprika	1 t	2 t
Oregano, fresh	¼ oz	½ oz
Olive Oil*	1 T + 2 t	3 T + 1 t

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Baking Sheet, Small Pot, Large Pan, Strainer

Nutrition per person Calories: 1075 cal | Carbs: 88 g | Fat: 50 g | Protein: 64 g | Fiber: 20 g | Sodium: 507 mg

Make sure to wash and dry produce before prepping or cooking!

Ruler
0 in ¼ in ½ in ¾ in 1 in



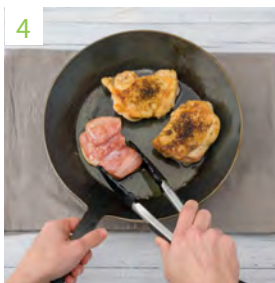
1

1 Prep the ingredients: Preheat the oven to 375 degrees. Halve, peel, and thinly slice the **red onion**. Halve the **grape tomatoes** and **lemon**. Roughly chop the **oregano** leaves.



2

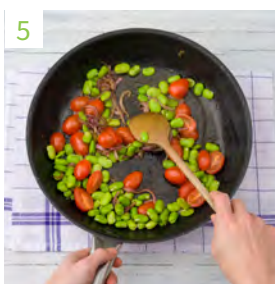
2 Roast the squash: Toss the **butternut squash** on a baking sheet with a drizzle of **olive oil**, the **smoked paprika**, and a pinch of **salt** and **pepper**. Roast for 30 minutes, tossing halfway through cooking, until soft and golden brown.



4

3 Cook the freekeh: In a small pot, bring **2 cups water** and the **stock concentrate** to a boil. Add the **freekeh** and a pinch of **salt** and cook for 15 minutes, until tender. Drain and reserve.

4 Cook the chicken: Heat **1 Tablespoon oil** in a large pan over medium-high heat. Pat the **chicken thighs** dry with a paper towel and season with **salt, pepper**, and the **ras el hanout**. Add the **chicken thighs** to the pan, skin side down, and cook for 6-7 minutes, until crispy and golden brown. Flip to cook on the other side for 3-4 minutes. Transfer the thighs to the baking sheet in the oven and roast for about 10 minutes, until cooked through and the juices run clear when pierced with a knife.



5

5 Make the freekeh salad: To the same pan, add the **onion** and cook, tossing, until slightly caramelized. Add the **tomatoes, fava beans**, and **cumin** to the pan. Cook, tossing, for about 6 minutes. Add the **drained freekeh** and toss to combine. Season with **salt** and **pepper**.

6 Make the lemony yogurt sauce: Stir a squeeze of **lemon**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper** into the **yogurt**.

7 Plate the freekeh salad in the center of the plate. Top with the **chicken thighs** and dollop the plate with **lemony yogurt sauce**. Garnish with **oregano** and enjoy!