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Chermoula & Yoghurt Spiced Chicken with Zucchini Pilaf

Tonight, we're bringing the hustle and bustle of a Marrakech night market to your kitchen. They're just packed with the freshest, most seductively well-spiced food for miles around. Perfect deep, rich chargrilled chicken is the inspiration for this chermoula and yoghurt spiced chicken, served with a zesty zucchini pilaf.



Prep: 15 mins

Cook: 35 mins

Total: 50 mins



level 1



eat me first



high protein

Pantry Items



Hot Water



Olive Oil



Chermoula
Spice Mix



Greek Yoghurt



Free Range
Chicken Breast



Brown Onion



Garlic



Coriander



Zucchini



Basmati Rice



Chicken Stock



Lemon

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2P	4P	Ingredients	
1 sachet	2 sachets	chermoula spice mix	
1 tub	2 tubs	Greek yoghurt	
2 fillets	4 fillets	free range chicken breast	
2 tsp	1 tbs	olive oil *	
1	2	brown onion, finely chopped	⊕
1 clove	2 cloves	garlic, peeled & crushed	⊕
1 bunch	2 bunches	coriander, leaves & stalks chopped separately	
1	2	zucchini, cut into 1 cm pieces	🌿
1 packet	2 packets	basmati rice	
1 ½ cups	2 ¾ cups	hot water *	
1 cube	2 cubes	chicken stock, crumbled	
½	1	lemon, zested & juiced	⊕

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2610	Kj
Protein	49.1	g
Fat, total	13.7	g
-saturated	4.8	g
Carbohydrate	72.5	g
-sugars	11.2	g
Sodium	316	mg



You will need: *chef's knife, chopping board, garlic crusher, zester, medium bowl, medium saucepan with lid, wooden spoon, medium ovenproof frying pan, tongs and small bowl*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 In a medium bowl combine the **chermoula spice mix** and half of the **Greek yoghurt**. Season with **salt** and **pepper**, then add the **chicken breast** and toss to coat well. Set aside to marinate.

3 Heat the **olive oil** in a medium saucepan over a medium-high heat. Add the **brown onion** and cook for **5 minutes**, or until soft. Add the **garlic**, **coriander stalks** and **zucchini**. Season with salt and pepper, then add the **basmati rice** and stir with a wooden spoon to coat the grains well in all of the flavours in the pan. Add the **hot water** and the crumbled **chicken stock**, and bring to the boil. Reduce the heat and simmer, covered, for **10 minutes** or until the rice is tender. Remove the pan from the heat (still covered) and set aside to keep warm.

4 Meanwhile, heat a dash of olive oil in a medium ovenproof frying pan over a medium-high heat. Add the chicken and cook for **2 minutes** on each side. Transfer the frying pan to the oven and cook for **10 minutes**. Cut the chicken into 1 cm thick slices.

Tip: If you don't have an ovenproof frying pan, transfer the chicken to a baking dish or oven tray.

5 In a small bowl combine the remaining Greek yoghurt, **lemon zest** and half of the **lemon juice**. Season with salt and pepper. Stir the **coriander leaves** and remaining lemon juice through the cooked rice mixture.

6 To serve, divide the zucchini pilaf between plates and top with the sliced chermoula chicken. Dollop with the lemony yoghurt.

