



# BERBERE CHICKEN AND ZUCCHINI

with Cilantro Rice and Lemon Yogurt Sauce



## HELLO

### BERBERE SPICE

A key ingredient in Ethiopian cuisine, it marries heady aromatics with a dash of chili heat.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 610



Yellow Onion



Zucchini



Greek Yogurt  
(Contains: Milk)



Basmati Rice



Lemon



Garlic



Berberé Spice



Chicken Breasts



Chicken Stock  
Concentrate



Cilantro

## START STRONG

Keep an eye on the zucchini as it roasts and be careful not to let it burn. If it's done before the chicken, remove it from the sheet and let the meat finish in the oven.

## BUST OUT

- 2 Medium bowls
- Medium pot
- Baking sheet
- Zester
- Small bowl
- Olive oil (3 tsp | 5 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- |   |                     |
|---|---------------------|
| • Yellow Onion  | 1   1               |
| • Garlic  | 2 Cloves   4 Cloves |
| • Zucchini  | 1   2               |
| • Berbere Spice  | 1 tsp   2 tsp       |
| • Greek Yogurt  | 5.3 oz   10.6 oz    |
| • Chicken Breasts   | 12 oz   24 oz       |
| • Basmati Rice  | ¾ Cup   1½ Cups     |
| • Chicken Stock Concentrate   | 1   2               |
| • Lemon   | 1   1               |
| • Cilantro  | ¼ oz   ¼ oz         |

## HELLO WINE



PAIR WITH

La Forêt Vin de Pays d'Oc  
Pinot Noir, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 PREHEAT AND PREP

**Wash and dry all produce.** Preheat broiler to high or oven to 500 degrees. Halve, peel, and dice **onion**. Mince or grate **garlic**. Cut **zucchini** into ½-inch cubes. In a medium bowl, combine **berbere**, half the **yogurt**, and a large pinch of **salt** and **pepper**. Add **chicken** and toss to coat.



## 4 BAKE CHICKEN AND ZUCCHINI

Once chicken is done broiling, remove sheet from broiler. Adjust oven temperature to 425 degrees. Flip **chicken** over. Spread **zucchini** on empty half of baking sheet. Bake in oven until chicken is no longer pink in center and zucchini is tender, about 12 minutes.



## 2 MAKE RICE

Heat a drizzle of **olive oil** in a medium pot over medium-high heat. Add **onion** and **garlic**. Cook, tossing, until softened, 3-4 minutes. Stir in **rice**. Add **1¼ cups water**, a pinch of **salt**, and **stock concentrate**. Bring to a boil, then cover and reduce to a simmer. Cook until tender, 15-20 minutes.



## 5 MAKE YOGURT SAUCE

Meanwhile, zest **lemon** until you have ½ tsp zest, then cut into halves. Stir **zest**, a squeeze of **lemon juice**, and remaining **yogurt** in a small bowl. Stir in **1 TBSP water** to give sauce a loose consistency. Season with **salt** and **pepper**.



## 3 BROIL CHICKEN AND TOSS ZUCCHINI

Place **chicken** on one half of a lightly oiled baking sheet. Broil until lightly charred, 3-5 minutes. Meanwhile, toss **zucchini**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper** in another medium bowl.



## 6 FINISH AND SERVE

Roughly chop **cilantro**, then stir half into **rice**. Divide **rice** between plates, then top with **zucchini** and **chicken**. Dollop with **yogurt sauce** and garnish with remaining cilantro.

## FLAWLESS!

Thanks to the yogurt marinade, this chicken is extra moist.



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