

CHERMOULA CHICKEN

with Roasted Veggies & Lime Yoghurt





Marinate chicken in yoghurt for extra tender meat!



Chermoula Spice Blend



Greek Yoghurt





Chicken Breast



Carrot



Brown Onion





Slivered Almonds

Basmati Rice



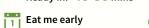




Parsley











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.

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



Preheat the oven to 220°C/200°C fanforced. 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 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.



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!



While the rice is cooking, in a large frying pan heat a drizzle of olive oil over a mediumhigh 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.



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.



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!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
chermoula spice blend	1 sachet	2 sachets
salt*	½ 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*	1½ 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**

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