



Chermoula Chicken

with Green Risoni & Lemon Parsley Yoghurt



Jazz up yoghurt with lemon and parsley



Spring Onion



Zucchini



Parsley



Chermoula Spice Blend



Greek Yoghurt



Free-Range Chicken Breast



Slivered Almonds



Risoni



Vegetable Stock



Baby Spinach Leaves



Lemon

Pantry Staples



Olive Oil



Water

Hands-on: **35 mins**
Ready in: **40 mins**

Eat Me Early

Chermoula is a North African inspired spice blend which adds instant glamour to all manner of veggies, meat and fish. Once you've experienced its robust and aromatic profile with green risoni, you won't look back.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, two medium bowls, two medium frying pans, wooden spoon, oven tray lined with baking paper, tongs, zester** and a **spoon**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Finely slice the **spring onion**. Slice the **zucchini** into half-moons. Roughly chop the **parsley** leaves.



2 MARINATE THE CHICKEN

In a medium bowl, combine the **chermoula spice blend** and $\frac{1}{2}$ of the **Greek yoghurt**. Season with a **pinch** of **salt** and **pepper**, add the **free-range chicken breast** and toss to coat. Set aside to marinate.

Heat a medium frying pan over a medium-high heat. Add the **slivered almonds** and toast, stirring, for **3-4 minutes**, or until golden. Remove from the pan and set aside.



4 COOK THE CHICKEN

While the risoni is cooking, heat a **drizzle** of **olive oil** in a second medium frying pan over a medium-high heat. Add the **chicken** and cook for **2 minutes** on each side, or until golden. Place the chicken on the oven tray lined with baking paper and cook in the oven for **14 minutes**, or until cooked through. Remove from the oven and cut into 1 cm thick slices.



5 MAKE THE LEMON PARSLEY YOGHURT

While the chicken is cooking, zest the **lemon** and cut into wedges. Add a **pinch** of the lemon zest to a medium bowl and squeeze in the juice (add as much or as little as you like depending on your taste preference). Stir through the **remaining Greek yoghurt**, the **remaining parsley** and season to taste with a **pinch** of **salt** and **pepper**.



3 COOK THE GREEN RISONI

Return the pan to the heat and add a **drizzle** of **olive oil**. Add the **zucchini** and the **spring onion** and cook for **3-4 minutes**, or until softened. Add the **risoni** and stir to coat in the oil. Add the **water** and crumble in the **vegetable stock** cube. Bring to the boil, then reduce the heat to low and simmer for **10-12 minutes**, or until the risoni is 'al-dente' and all the water has been absorbed. Remove from the heat and stir through the **slivered almonds**, **baby spinach leaves** and $\frac{1}{2}$ of the **parsley**. Season to taste with a **pinch** of **salt** and **pepper**.



6 SERVE UP

Divide the green risoni between plates and top with the chermoula chicken. Dollop over the lemon parsley yoghurt and serve with any remaining lemon wedges.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
spring onion 🌱	$\frac{1}{2}$ bunch	1 bunch
zucchini	1	2
parsley 🌱	1 bunch	2 bunches
chermoula spice blend	1 sachet (1 tsp)	2 sachets (2 tsp)
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)
free-range chicken breast	1 packet	1 packet
slivered almonds	1 packet (2 tbs)	2 packets (4 tbs)
risoni	1 packet ($\frac{1}{2}$ cup)	2 packets (1 cup)
water*	1 cup	2 cups
vegetable stock	1 cube	2 cubes
baby spinach leaves	1 bag	2 bags
lemon	1	2

*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2870kJ (686Cal)	466kJ (111Cal)
Protein (g)	51.5g	8.4g
Fat, total (g)	32.6g	5.3g
- saturated (g)	7.1g	1.2g
Carbohydrate (g)	43.3g	7.0g
- sugars (g)	8.2g	1.3g
Sodium (g)	714mg	116mg

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2017 | WK29 | C3

