



Chermoula & Garlic Chicken

with Jewelled Rice & Lemon Yoghurt

Grab your Meal Kit with this symbol



Garlic



Chermoula Spice Blend



Greek Yoghurt



Chicken Thigh



Brown Onion



Capsicum



Lemon



Currants



Basmati Rice



Chicken Stock



Flaked Almonds



Baby Spinach Leaves

Hands-on: **35-45 mins**
Ready in: **40-50 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

This dish is inspired by the lively and vibrant night markets of Marrakech – it's packed with loads of colour, aroma and zest, made only more authentic by the perfectly charred chermoula-spiced chicken.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
chermoula spice blend	1 sachet	2 sachets
salt* (for the chicken)	¼ tsp	½ tsp
Greek yoghurt	1 packet (100g)	1 packet (200g)
chicken thigh	1 small packet	1 large packet
brown onion	1	2
capsicum	1	2
lemon	½	1
water*	1½ cups	3 cups
currants	½ packet	1 packet
basmati rice	1 packet	2 packets
salt* (for the rice)	¼ tsp	½ tsp
chicken stock	1 cube	2 cubes
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3054kJ (729Cal)	500kJ (119Cal)
Protein (g)	46.3g	7.6g
Fat, total (g)	20.8g	3.4g
- saturated (g)	5.2g	0.9g
Carbohydrate (g)	82g	13.4g
- sugars (g)	20.7g	3.4g
Sodium (mg)	1438mg	235mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Flavour the chicken

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **garlic**. In a medium bowl, combine the **chermoula spice blend, salt (for the chicken), 1/2 the Greek yoghurt** and **1/2 the garlic**. Add the **chicken thigh**, season with **pepper** and toss to coat. Set aside.



Get prepped

Finely chop the **brown onion**. Cut the **capsicum** into 2cm chunks. Slice the **lemon** (see ingredients) into wedges. In a small bowl, combine the remaining **Greek yoghurt** and a squeeze of **lemon juice**. Season to taste.



Cook the jewelled rice

In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, add the **onion** and cook, stirring, until just softened, **2-4 minutes**. Add the **remaining garlic** and cook until fragrant, **1 minute**. Add the **water, currants** (see ingredients), **basmati rice, salt (for the rice)** and crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people). Bring to the boil, then reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the chicken

While the rice is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken** until golden, **2 minutes** each side. Transfer to an oven tray lined with baking paper and spoon over any **remaining marinade**. Bake until cooked through, **8-12 minutes** (depending on thickness). Set aside to rest.

TIP: Don't worry if the yoghurt chars in the pan, this just adds to the flavour!



Bring it all together

While the chicken is baking, wash and dry the frying pan and return to a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **capsicum** until tender, **3-4 minutes**. Cook the **baby spinach leaves**, stirring, until wilted, **1 minute**. Season with **salt** and **pepper**. Gently stir the **veggies** through the **rice**.



Serve up

Slice the chermoula chicken. Divide the jewelled rice between plates and top with the chicken and lemon yoghurt. Sprinkle with the flaked almonds. Serve with the lemon wedges.

Enjoy!