

Chermoula & Garlic Chicken

with Jewelled Rice & Harissa Yoghurt



Garlic



Chermoula Spice Blend



Greek-Style Yoghurt



Chicken Drumstick Fillet



Brown Onion



Carrot



Harissa Paste



Currants



Basmati Rice



Baby Spinach Leaves



Flaked Almonds



Salmon

Hands-on: **35-45 mins**
 Ready in: **40-50 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Eat Me Early
 Eat Me First*
 *Custom Recipe Only

This aromatic dish will take your senses to the vibrant night markets of Marrakesh. The perfectly charred chermoula-spiced chicken makes it all the more authentic.

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

Two oven trays lined with baking paper · Medium saucepan with lid · Large frying pan

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*	¼ tsp	½ tsp
Greek-style yoghurt	1 medium packet	1 large packet
chicken drumstick fillet	1 small packet	1 large packet
brown onion	1	2
carrot	1	2
harissa paste	1 medium packet	1 large packet
water*	1½ cups	3 cups
currants	½ medium packet	1 medium packet
basmati rice	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
flaked almonds	1 medium packet	1 large packet
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3023kJ (723Cal)	555kJ (133Cal)
Protein (g)	43g	7.9g
Fat, total (g)	21.4g	3.9g
- saturated (g)	5.2g	1g
Carbohydrate (g)	84.1g	15.4g
- sugars (g)	21.7g	15.4g
Sodium (mg)	925mg	170mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3501kJ (836Cal)	693kJ (165Cal)
Protein (g)	40.7g	8.1g
Fat, total (g)	36.1g	7.1g
- saturated (g)	7.7g	1.5g
Carbohydrate (g)	82.8g	16.4g
- sugars (g)	20.4g	4g
Sodium (mg)	859mg	170mg

The quantities provided above are averages only.

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW43



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**, the **salt**, some **Greek-style yoghurt** (1 tbs for 2 people / 2 tbs for 4 people) and 1/2 the **garlic**. Add the **chicken drumstick fillet** and a pinch of **pepper**. Toss to coat. Set aside.

CUSTOM RECIPE

If you've upgraded to salmon, pat salmon dry with paper towel, then flavour as above, gently turning to coat.



Bake 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 a second lined oven tray. 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 adds to the flavour!

TIP: Chicken is cooked through when it's no longer pink inside.

CUSTOM RECIPE

Prepare the pan as above. Cook the salmon, skin-side down first, until just cooked through, 2-4 minutes each side.



Get prepped

Finely chop the **brown onion**, then set aside. Thinly slice the **carrot** into half-moons. Place the **carrot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**. Meanwhile, in a small bowl, combine the **harissa paste** and remaining **yoghurt**. Season to taste.



Finish the rice

Gently stir the **roasted carrot** and **baby spinach leaves** through the **rice**.



Cook the jewelled rice

While the carrot is roasting, heat a drizzle of **olive oil** in a medium saucepan over a medium-high heat. Add the **onion** and cook, stirring, until just softened, **2 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Add the **water**, **currants** (see ingredients), **basmati rice** and a pinch of **salt**. 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. 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!



Serve up

Slice the chermoula and garlic chicken. Divide the jewelled rice between plates. Top with the chicken and a dollop of harissa yoghurt. Sprinkle with the **flaked almonds** to serve.

CUSTOM RECIPE

Divide the rice between plates as above. Top with the chermoula and garlic salmon, then continue as above.

Enjoy!