



# Easy Honey Harissa Chicken

with Currant Rice, Roasted Almonds & Mint Yoghurt



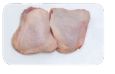
Basmati Rice



Currants



Chicken-Style  
Stock Powder



Chicken Thigh



Harissa Paste



Mint



Tomato



Cucumber



Greek-Style  
Yoghurt



Baby Spinach  
Leaves



Roasted Almonds



Hands-on: **15-25 mins**  
Ready in: **20-30 mins**



**Eat Me Early**



**Naturally Gluten-Free**  
*Not suitable for coeliacs*

This recipe is brought to you by our mildly spiced red harissa paste, a 'secret' shortcut ingredient that adds all the flavour you need, fast. Slather it on succulent seared chicken thighs, then whip up some super tasty sides for a dinner that's ready in a flash.

## Pantry items

Olive Oil, Honey, White Wine Vinegar

## 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 lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
currants	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
harissa paste	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
mint	1 bag	1 bag
tomato	1	2
cucumber	1	2
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
roasted almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2846kJ (680Cal)	610kJ (145Cal)
Protein (g)	42.4g	9.1g
Fat, total (g)	20.7g	4.4g
- saturated (g)	4.5g	1g
Carbohydrate (g)	78.6g	16.8g
- sugars (g)	15.9g	3.4g
Sodium (mg)	758mg	162mg

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

1



## Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**.
- Drain, then return **rice** to saucepan.
- Stir through **currants** and **chicken-style stock powder**. Cover to keep warm.

3



## Make the mint yoghurt & salad

- While the chicken is cooking, roughly chop **mint leaves**, **tomato** and **cucumber**.
- In a small bowl, combine **Greek-style yoghurt** and **mint**. Season with **salt** and **pepper** to taste. Set aside.
- In a medium bowl, combine **tomato**, **cucumber** and **baby spinach leaves** with a drizzle of **white wine vinegar** and **olive oil**. Toss to coat. Season to taste.

2



## 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 **chicken thigh**, turning occasionally, until cooked through, **10-14 minutes**.
- In the last minute of cook time, add **harissa paste** and **honey**, turning to coat.

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

4



## Serve up

- Divide honey harissa chicken, currant rice and salad between plates, spooning over any sauce from the pan.
- Serve topped with mint yoghurt and **roasted almonds**.

Enjoy!

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