



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK45
2016



Lemon & Yoghurt Chicken with Zucchini Pilaf

Tonight, we're bringing the hustle and bustle of a Marrakech night market to your kitchen. They're just packed with the freshest, most seductively well-spiced food for miles around. Perfect deep, rich, chargrilled chicken is the inspiration for this lemon and yoghurt spiced chicken, with this zesty zucchini pilaf.



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



eat me first



helping hands

Pantry Items



Olive Oil



Hot Water



Lemon



Greek Yoghurt



Free Range Chicken Breast



Brown Onion



Baby Spinach Leaves



Garlic



Coriander



Zucchini



Basmati Rice




Chicken Stock


JOIN OUR PHOTO CONTEST

f t i #HelloFreshAU


QTY

Ingredients

1	lemon, juiced
1 tub	Greek yoghurt
4-5 fillets	free range chicken breast, sliced in half horizontally
1 tbs	olive oil *
1	brown onion, finely chopped
2 cloves	garlic, peeled & crushed
1 bunch	coriander, leaves & stalks chopped separately
1 bag	baby spinach leaves, washed
2	zucchini, cut into 1 cm pieces 
2 packets	basmati rice, rinsed well
2 ¾ cup	hot water *
1 cube	chicken stock, crumbled

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2400	Kj
Protein	46	g
Fat, total	24.9	g
-saturated	7.1	g
Carbohydrate	39.6	g
-sugars	8.4	g
Sodium	157	mg



You will need: *chef's knife, chopping board, garlic crusher, sieve, medium bowl, medium saucepan with a lid, wooden spoon, medium ovenproof frying pan, tongs and small bowl.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 In a medium bowl combine the half the **lemon juice** and a third of the **Greek yoghurt**. Season with **salt** and **pepper** then add the **chicken breast** and toss to coat well. Set aside the chicken to marinate while you prepare the rice.

3 Heat the **olive oil** in a medium saucepan over a medium-high heat. Add the **brown onion** and cook for **5 minutes**, or until soft. Add the **garlic, coriander stalks** and **zucchini**. Season with salt and pepper then add the **basmati rice** and stir to coat the grains. Add the **hot water** and the crumbled **chicken stock** and bring to the boil. Reduce to a simmer, covered, for **10 minutes**, or until the rice is tender. Stir through the baby spinach leaves and half the **coriander leaves**. Remove the pan from the heat.

4 Meanwhile, heat a dash of olive oil in a medium ovenproof frying pan over a medium-high heat. Shake off the excess yoghurt from the chicken before adding to the pan. Cook for **2 minutes** on each side. Transfer the frying pan to the oven and cook for 10 minutes. Cut into 1cm thick slices. **Tip:** If you don't have an ovenproof frying pan, transfer the chicken to a baking dish or oven tray.

5 In a small bowl combine the remaining yoghurt and lemon juice. Season with salt and pepper.

6 To serve, divide the zucchini pilaf between plates and top with the sliced yoghurt chicken and remaining coriander. Dollop with the lemony yoghurt. Enjoy!

