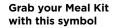
Moroccan Spiced Chicken

with Lentil Rice & Cucumber Yoghurt











Brown Onion

Beetroot











Cucumber





Greek Yoghurt

Cherry Tomatoes





Lentils

Chicken Tenderloin



Ras El Hanout

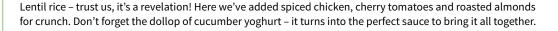


Roasted Almonds

Hands-on: 30-40 mins Ready in: 30-40 mins

Eat me early





Pantry items Olive Oil, Butter

Before you start

Our fruit and veggies need a little wash first!

You will need

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

Ingredients

2 People	4 People
refer to method	refer to method
1	2
1	2
2 cloves	4 cloves
20g	40g
1 packet	2 packets
1½ cups	3 cups
1/4 tsp	½ tsp
1	2
1 packet (100g)	2 packets (200g)
½ punnet (125g)	1 punnet (250g)
1 bag	1 bag
½ tin	1 tin
1 packet	1 packet
1 sachet	2 sachets
1 packet	2 packets
	1 1 2 cloves 20g 1 packet 1½ cups ¼ tsp 1 1 packet (100g) ½ punnet (125g) 1 bag ½ tin 1 packet 1 sachet

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2290kJ (547Cal)	361kJ (86Cal)
Protein (g)	50.5g	8.0g
Fat, total (g)	13.2g	2.1g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	50.0g	7.9g
- sugars (g)	12.8g	2.0g
Sodium (g)	396mg	62mg

Allergens

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo



1. Roast the beetroot

Preheat the oven to 240°C/220°C fan-forced. Cut the beetroot (unpeeled) into 1cm cubes. Slice the brown onion into 2cm wedges. Place the beetroot and onion on an oven tray lined with baking paper. Drizzle with olive oil and season with salt and pepper. Toss to coat. Roast until tender, 20-25 minutes.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



2. Cook the rice

While the beetroot is cooking, finely chop the garlic (or use a garlic press). In a medium saucepan, melt the butter with a dash of olive oil over a medium heat. Add the garlic and cook until fragrant, 1-2 minutes. Add the basmati rice, water and salt, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for 10 minutes, then remove from the heat and keep covered until the rice is tender and the water is absorbed, 10 minutes.

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



3. Get prepped

While the rice is cooking, grate the **cucumber** (or finely chop if you prefer!). In a small bowl, combine the **cucumber** and **Greek yoghurt**. Season to taste with **salt** and **pepper**. Halve the **cherry tomatoes** (see ingredients list). Roughly chop the **parsley**. Place the **cherry tomatoes** and **parsley** in a bowl. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to combine. Drain and rinse the **lentils** (see ingredients list).



4. Cook the chicken

Chop the **chicken tenderloins** into bite-sized pieces and place in a bowl with the **ras el hanout**. **Drizzle** with **olive oil**, season generously with **salt** and **pepper** and toss to coat. Heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook, turning, until browned and cooked through, **4-5 minutes**. Transfer to a plate and set aside to rest.

TIP: The chicken will char a little in the pan, this adds to the smokey flavour!



5. Finish the rice

Stir the roasted **beetroot** and **onion** and the **lentils** through the rice. Roughly chop the **roasted almonds**.



6. Serve up

Divide the lentil rice between bowls. Top with the spiced chicken, cherry tomatoes and cucumber yoghurt. Sprinkle over the roasted almonds.

TIP: For the low-calorie option, serve with 1/2 the rice and omit the cucumber yoghurt.

Enjoy!