

## ZAATAR CHİCKEN & RİCE PİLAF

with Mint



















Basmati Rice



Chicken Thigh





Chicken Stock



Moroccan Spice Blend

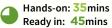








Pantry Staples





This lovely Turkish pilaf is topped with marinated za'atar chicken. We've used chicken thigh because it has such great flavour and won't dry out. It's great when paired with mint, too!



Olive Oil



## START

You will need: chef's knife, chopping board, fine grater, sieve, jug, spoon, medium bowl, large frying pan with a lid, wooden spoon, medium ovenproof frying pan and tongs. Let's start cooking the Za'atar Chicken & Rice Pilaf with Mint



Preheat the oven to 200°C/180°C fanforced. Finely chop the brown onion. Finely slice the leek. Peel and finely grate the garlic. Remove the stems from the kale and roughly chop the leaves. Cut the zucchini into 1-2 cm cubes. Rinse the basmati rice well.



COOK THE RICE PILAF

To make the rice pilaf, heat the
remaining olive oil in a large frying pan over a
medium-high heat. Add the brown onion and
leek and cook for 4-5 minutes, or until softened.
Add the garlic and Moroccan spice blend and
cook for 1-2 minutes, or until fragrant. Add the
kale and zucchini and cook for 2-3 minutes, or
until softened. Add the basmati rice, currants
and the chicken stock mixture. Season with salt
and pepper and cover with a lid. Turn the heat
down to low and simmer for 10-12 minutes, or
until the rice is soft and all the water has been
absorbed. If the rice is drying out, add a dash of
boiling water.

A pilaf is a dish in which rice is cooked in seasoned stock, spices and veggies for extra flavour. After you've mastered this technique, you'll never want to cook plain rice again!



2 MARINATE THE CHICKEN
In a medium bowl, combine the freerange chicken thigh with 1/2 of the olive
oil and the za'atar. Add a pinch of salt and
pepper and toss to coat well.



Meanwhile, heat a medium ovenproof frying pan over a medium-high heat. Add the **chicken thigh** and cook for **2 minutes** on each side, or until golden. Transfer the pan to the oven and bake for **8-10 minutes**, or until cooked through. Slice into 2 cm strips. Meanwhile, finely chop the **mint** leaves.

\* TIP: If you don't have an ovenproof frying pan, transfer the chicken to a baking tray to finish cooking in the oven.



PREPARE THE STOCK
Crumble the chicken stock cube (use the recommended amount) into a jug, add the boiling water and stir to dissolve.



**SERVE UP**Divide the rice pilaf between bowls, top with the za'atar chicken and sprinkle over the mint.

**ENJOY!** 

## INGREDIENTS

	2P	4P
brown onion 👁	1/2	1
leek	1	2
garlic ①	1 clove	2 cloves
kale	1 bag	2 bags
zucchini	1	2
basmati rice	1 packet (¾ cup)	2 packets (1 ½ cups)
free-range chicken thigh	1 packet	2 packets
olive oil*	2 tbs	4 tbs
za'atar	1 sachet (2 tsp)	2 sachets (4 tsp)
chicken stock	½ cube	1 cube
boiling water*	300 ml	600 ml
Moroccan spice blend	1 sachet (2 tsp)	2 sachets (1 tbs)
currants	1 packet (2 tbs)	2 packets (4 tbs)
mint	1 bunch	2 bunches

\*Pantry Items | • Ingredient features in another recipe

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	3250kJ (776Cal)	539kJ (129Cal)
Protein (g)	43.2g	7.2g
Fat, total (g)	29.3g	4.9g
- saturated (g)	6.2g	1.0g
Carbohydrate (g)	79.6g	13.2g
- sugars (g)	15.1g	2.5g
Sodium (g)	475mg	79mg

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