



# ZA'ATAR CHICKEN & RICE PILAF

with Mint



Master a rice pilaf!



Brown Onion



Garlic



Kale



Zucchini



Basmati Rice



Chicken Thigh



Za'atar



Chicken Stock



Moroccan Spice Blend



Currants



Mint



Leek

Pantry Staples



Olive Oil



Water

Hands-on: 35 mins  
Ready in: 45 mins

Eat me early

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!

# BEFORE YOU 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**



## 1 GET PREPPED

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



## 4 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 **free-range 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.



## 5 COOK THE ZA'ATAR CHICKEN

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.



## 3 PREPARE THE STOCK

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



## 6 SERVE UP

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

**ENJOY!**

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
<b>brown onion</b> 🌱	½	1
leek	1	2
<b>garlic</b> 🌱	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	PER 100G
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

→ JOIN OUR PHOTO CONTEST!

📷 📱 📺 #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

hello@hellofresh.com.au

2017 | WK21 | C3

**HelloFRESH**