

Hello
FRESH



Yogurt-Marinated Chicken

with Rice Pilaf, Roasted Zucchini, and Cilantro

On the menu for tonight is the furthest thing from a boring chicken dinner. Our chefs combined berbere (an Ethiopian spice blend with garlic, red pepper, cardamom, coriander, and fenugreek) with garlic and yogurt for a tangy marinade that becomes ever-so-slightly charred under the broiler.

What are you waiting for? Get cooking!



Prep: 10 min
Total: 35 min



level 1



nut
free



gluten
free



Yellow
Onion



Garlic



Zucchini



Chicken
Breasts



Berberé
Seasoning



Greek
Yogurt



Basmati
Rice



Chicken Stock
Concentrate



Lemon



Cilantro

Ingredients

	2 People	4 People	
Yellow Onion	1	1	
Garlic	2 Cloves	4 Cloves	
Zucchini	1	2	
Chicken Breasts	12 oz	24 oz	
Berberé Seasoning	1 tsp	2 tsp	
Greek Yogurt	1)	5.3 oz	10.6 oz
Basmati Rice	¾ Cup	1½ Cups	
Chicken Stock Concentrate	1	2	
Lemon	1	1	
Cilantro	¼ oz	¼ oz	
Olive Oil*	1 TBSP	2 TBSP	

*Not Included

Allergens

1) Milk

Tools

2 Medium bowls, Medium pot, Baking sheet, Zester
Small bowl

Nutrition per person Calories: 590 cal | Fat: 11 g | Sat. Fat: 2 g | Protein: 54 g | Carbs: 74 g | Sugar: 10 g | Sodium: 355 mg | Fiber: 5 g



1 Preheat and prep: Wash and dry all produce. Preheat broiler to high or oven to 500 degrees. Halve, peel, and dice **onion**. Mince **garlic**. Cut **zucchini** into ½-inch cubes. Combine **chicken, berbere**, half the **yogurt**, and a large pinch of **salt** and **pepper** in a medium bowl. Turn to thoroughly coat in marinade.

2 Make the rice pilaf: Heat a drizzle of **olive oil** in a medium pot over medium-high heat. Add **onions** and **garlic**, and toss until softened, 3-4 minutes. Add **rice** and stir. Add **1½ cups water**, a large pinch of **salt**, and **stock concentrate**. Bring to a boil, cover, then reduce to a low simmer until tender, about 15 minutes.

3 Broil the chicken and toss the zucchini: Place **chicken** on one half of a lightly oiled baking sheet. Broil until slightly charred, 3-5 minutes. Meanwhile, toss **zucchini** in a medium bowl with a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

4 Bake the chicken and zucchini: Remove baking sheet from oven, flip **chicken**, and reduce heat to 425 degrees. Spread **zucchini** on other half of baking sheet. Bake until chicken is no longer pink inside and zucchini is tender, about 12 minutes.

5 Make the lemony yogurt: Meanwhile, zest and halve **lemon**. Stir zest and a squeeze of **juice** into a small bowl with remaining **yogurt**. Thin with a Tablespoon or so of **water**. Season with **salt** and **pepper**.

6 Finish the pilaf and serve: Coarsely chop **cilantro**, and stir half into **rice pilaf**. Serve **zucchini** and **chicken** on a bed of rice pilaf. Top with a dollop of **lemony yogurt** and a sprinkle of the remaining **cilantro**. Enjoy!

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