



CHERMOULA CHICKEN

with Roasted Veggies & Lemon Yoghurt



Marinate chicken in yoghurt for extra tender meat!



Chermoula Spice Blend



Greek Yoghurt



Chicken Breast



Courgette



Capsicum



Red Onion



Garlic



Basmati Rice



Currants



Lemon



Parsley



Baby Spinach Leaves

Hands-on: **30-40** mins
Ready in: **40-50** mins

Eat me early

With chermoula spice blend coating the chicken and a mouth-watering mix of lemon yoghurt, rice studded with currants and sweet roasted veggies, this meal is sure to bring major excitement to the dinner table.

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **two oven trays** lined with **baking paper** • **medium saucepan** with a **lid** • **large frying pan**



1 FLAVOUR THE CHICKEN

Preheat the oven to **220°C/200°C fan-forced**. In a medium bowl, combine the **chermoula spice blend**, **1/2 the salt**, **1/2 the Greek yoghurt** and the **chicken breast**. Season with a **pinch of pepper** and toss to coat. Set aside.



2 ROAST THE VEGGIES

Slice the **courgette** into 2cm half-moons. Cut the **capsicum** into 2cm chunks. Slice the **red onion** into 2cm wedges. Place the **veggies** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer and roast until tender, **20-25 minutes**.
 🌱 **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



3 COOK THE RICE

While the veggies are roasting, 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**, the **water**, **currants** and the **remaining salt** 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!



4 COOK THE CHICKEN

While the rice is cooking, in a large frying pan heat a **drizzle of olive oil** over a medium-high heat. Add the **chicken** and cook until golden, **2 minutes** each side. 🌱 **TIP:** Don't worry if the yoghurt chars in the pan, this just adds more flavour! Transfer the **chicken** to a second oven tray lined with baking paper and spoon over any excess marinade from the frying pan. Bake until cooked through, **8-12 minutes**. Set aside to rest for **5 minutes**.



5 PREP THE YOGHURT

While the chicken is cooking, zest the **lemon** (see ingredients list) to get a **pinch**, then slice into wedges. In a small bowl, combine the **remaining Greek yoghurt**, the **lemon zest**, a **pinch of salt** and **pepper** and a **drizzle of olive oil**. Set aside. Roughly chop the **parsley**. When the rice is done, stir through the **baby spinach leaves**.



6 SERVE UP

Thickly slice the chicken. Divide the garlic and spinach rice between plates and top with the roasted veggies, chermoula chicken and lemon-yoghurt. Pour over any chicken resting juices and garnish with the parsley. Squeeze over the lemon wedges to serve.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
chermoula spice blend	1 sachet	2 sachets
salt*	½ tsp	1 tsp
Greek yoghurt	1 packet (100g)	2 packets (200g)
chicken breast	1 packet	1 packet
courgette	1	2
capsicum	1	2
red onion	1	2
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
currants	1 packet	2 packets
lemon	½	1
parsley	1 bunch	1 bunch
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3170kJ (756Cal)	488kJ (117Cal)
Protein (g)	47.6g	7.3g
Fat, total (g)	21.5g	3.3g
- saturated (g)	9.9g	1.5g
Carbohydrate (g)	86.6g	13.4g
- sugars (g)	23.5g	3.6g
Sodium (g)	1050mg	161mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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