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WK42  
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## Chermoula & Yoghurt Spiced Chicken with Zucchini Pilaf

Tonight, we're bringing the hustle and bustle of a Marrakech night market to your kitchen. They're just packed with the freshest, most seductively well-spiced food for miles around. Perfect deep, rich chargrilled chicken is the inspiration for this chermoula and yoghurt spiced chicken, served with a zesty zucchini pilaf.



**Prep:** 15 mins

**Cook:** 35 mins

**Total:** 50 mins



level 1



eat me first



high protein

### Pantry Items



Hot Water



Olive Oil



Chermoula  
Spice Mix



Greek Yoghurt



Free Range  
Chicken Breast



Brown Onion



Garlic



Coriander



Zucchini



Basmati Rice



Chicken Stock



Lemon

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2P	4P	Ingredients
1 sachet	2 sachets	chermoula spice mix
1 tub	2 tubs	Greek yoghurt
2 fillets	4 fillets	free range chicken breast
2 tsp	1 tbs	olive oil *
1	2	brown onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
1 bunch	2 bunches	coriander, leaves & stalks chopped separately
1	2	zucchini, cut into 1 cm pieces
1 packet	2 packets	basmati rice
1 ½ cups	2 ¾ cups	hot water *
1 cube	2 cubes	chicken stock, crumbled
½	1	lemon, zested & juiced

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2610	Kj
Protein	49.1	g
Fat, total	13.7	g
-saturated	4.8	g
Carbohydrate	72.5	g
-sugars	11.2	g
Sodium	316	mg



**You will need:** *chef's knife, chopping board, garlic crusher, zester, medium bowl, medium saucepan with lid, wooden spoon, medium ovenproof frying pan, tongs and small bowl*

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

**2** In a medium bowl combine the **chermoula spice mix** and half of the **Greek yoghurt**. Season with **salt** and **pepper**, then add the **chicken breast** and toss to coat well. Set aside to marinate.

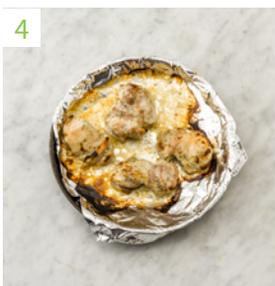


**3** Heat the **olive oil** in a medium saucepan over a medium-high heat. Add the **brown onion** and cook for **5 minutes**, or until soft. Add the **garlic**, **coriander stalks** and **zucchini**. Season with salt and pepper, then add the **basmati rice** and stir with a wooden spoon to coat the grains well in all of the flavours in the pan. Add the **hot water** and the crumbled **chicken stock**, and bring to the boil. Reduce the heat and simmer, covered, for **10 minutes** or until the rice is tender. Remove the pan from the heat (still covered) and set aside to keep warm.



**4** Meanwhile, heat a dash of olive oil in a medium ovenproof frying pan over a medium-high heat. Add the chicken and cook for **2 minutes** on each side. Transfer the frying pan to the oven and cook for **10 minutes**. Cut the chicken into 1 cm thick slices.

**Tip:** If you don't have an ovenproof frying pan, transfer the chicken to a baking dish or oven tray.



**5** In a small bowl combine the remaining Greek yoghurt, **lemon zest** and half of the **lemon juice**. Season with salt and pepper. Stir the **coriander leaves** and remaining lemon juice through the cooked rice mixture.

**6** To serve, divide the zucchini pilaf between plates and top with the sliced chermoula chicken. Dollop with the lemony yoghurt.