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WK45
2016



Lemon & Yoghurt 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 lemon and yoghurt spiced chicken, with this zesty zucchini pilaf.



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



eat me first



helping hands

Pantry Items



Olive Oil



Hot Water



Lemon



Greek Yoghurt



Free Range Chicken Breast



Brown Onion



Baby Spinach Leaves



Garlic



Coriander



Zucchini



Basmati Rice



Chicken Stock

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QTY

Ingredients

1	lemon, juiced
1 tub	Greek yoghurt
4-5 fillets	free range chicken breast, sliced in half horizontally
1 tbs	olive oil *
1	brown onion, finely chopped
2 cloves	garlic, peeled & crushed
1 bunch	coriander, leaves & stalks chopped separately
1 bag	baby spinach leaves, washed
2	zucchini, cut into 1 cm pieces 
2 packets	basmati rice, rinsed well
2 ¾ cup	hot water *
1 cube	chicken stock, crumbled

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2400	Kj
Protein	46	g
Fat, total	24.9	g
-saturated	7.1	g
Carbohydrate	39.6	g
-sugars	8.4	g
Sodium	157	mg



You will need: *chef's knife, chopping board, garlic crusher, sieve, medium bowl, medium saucepan with a 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 half the **lemon juice** and a third of the **Greek yoghurt**. Season with **salt** and **pepper** then add the **chicken breast** and toss to coat well. Set aside the chicken to marinate while you prepare the rice.



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 to coat the grains. Add the **hot water** and the crumbled **chicken stock** and bring to the boil. Reduce to a simmer, covered, for **10 minutes**, or until the rice is tender. Stir through the baby spinach leaves and half the **coriander leaves**. Remove the pan from the heat.



4 Meanwhile, heat a dash of olive oil in a medium ovenproof frying pan over a medium-high heat. Shake off the excess yoghurt from the chicken before adding to the pan. Cook for **2 minutes** on each side. Transfer the frying pan to the oven and cook for 10 minutes. Cut into 1cm 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 yoghurt and lemon juice. Season with salt and pepper.

6 To serve, divide the zucchini pilaf between plates and top with the sliced yoghurt chicken and remaining coriander. Dollop with the lemony yoghurt. Enjoy!