



# Moroccan-Spiced Chicken

with Zucchini, Herby Rice and Lemony Yogurt

Family Friendly

30 Minutes



Chicken Breasts



Basmati Rice



Zucchini



Lemon



Parsley



Chicken Broth Concentrate



Moroccan Spice Blend



Greek Yogurt



Chicken Salt

## HELLO YOGURT MARINADE

*Yogurt is an ideal marinade that helps to tenderize chicken!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Basmati Rice	¾ cup	1 ½ cups
Zucchini	400 g	800 g
Lemon	1	1
Parsley	7 g	14 g
Chicken Broth Concentrate	1	2
Moroccan Spice Blend	1 tbsp	2 tbsp
Greek Yogurt	100 ml	200 ml
Chicken Salt	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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hello@hellofresh.ca

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## Cook rice

Add **1 ¼ cups water**, **⅛ tsp salt** (dbl both for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



## Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 2-3 min per side. Remove the pan from heat, then transfer **chicken** to an unlined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 10-12 min.\*\* Carefully rinse and wipe the pan clean.



## Prep

While **rice** cooks, cut **zucchinis** in half lengthwise, then into ½-inch half-moons. Roughly chop **parsley**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Add **lemon juice** and **half the yogurt** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.



## Cook zucchini

Heat the same pan over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **zucchini** and **remaining chicken salt**. Cook, stirring often, until **zucchini** is tender-crisp, 4-5 min. Season with **pepper**.



## Marinate chicken

Add **Moroccan Spice Blend**, **half the chicken salt** and **remaining yogurt** to a large bowl. Season with **pepper**, then stir to combine. Pat **chicken** dry with paper towels, then add to the large bowl with **yogurt marinade**. Toss to coat.



## Finish and serve

Fluff **rice** with a fork, then add **lemon zest**, **half the parsley** and **1 tbsp butter** (dbl for 4 ppl). Season with **salt**, then stir to combine. Thinly slice **chicken**. Divide **herby rice** between plates. Top with **zucchini** and **chicken**. Spoon **lemony yogurt** over **chicken** and sprinkle **remaining parsley** over top. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!