



More Than Food
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Chermoula and Yoghurt Spiced Chicken with Zesty Courgette Pilaf

When our chef André visited Marrakech, he adored the bustling night markets and the way they come alive when the sun sets. They're just packed with the freshest most seductively well-spiced food for miles around. That perfect memory of deep, rich, chargrilled chicken is the inspiration for his chermoula and yoghurt spiced chicken, with his zesty courgette pilaf.



30 mins



gluten free



healthy



spicy



Chicken Thigh (4)



Chermoula Spice (1 tsp)



Natural Yoghurt (1 pot)



Onion (1/2)



Courgette (1)



Garlic Clove (1)



Coriander
(5 tbsp)



Basmati Rice
(1 pack)



Chicken Stock Pot (1)



Lemon (1/2)

Ingredients

	2 PEOPLE	ALLERGENS
Chicken Thigh	4	
Chermoula Spice	1 tsp	
Natural Yoghurt	1 pot	Milk
Onion, chopped	½	
Courgette, chopped	1	
Garlic Clove, chopped	1	
Coriander, chopped	5 tbsps	
Basmati Rice	1 pack	
Chicken Stock Pot	1	
Lemon	½	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Yoghurt can be used as a face mask... it's loaded with nourishing vitamins that re-hydrate your skin!

Nutrition per serving: Calories: 578 kcal | Protein: 39 g | Carbs: 83 g | Fat: 10 g | Saturated Fat: 2 g



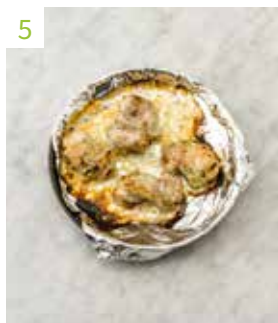
1 Your first job is to marinate the **chicken**. The longer the better is the rule with marinating! In a bowl, mix the **chicken** with the **chermoula** spice mix, half the **yoghurt**, ¼ tsp of **salt** and a good grind of **pepper**. Make sure the **chicken** is well coated and put back in the fridge.



2 Peel and cut the **onion** in half through the root and chop half into small chunks (½cm is ideal!). Chop the top and bottom off the **courgette** and cut in half lengthways. Cut each half into three long strips and then chop at 1cm intervals to create small chunks. Peel the **garlic** and chop finely (use a garlic press if you have one!). Tear off the leaves from the **coriander** and chop the stalks as small as you can. Keep the leaves for later.



3 Heat a saucepan over medium heat and add 1 tbsp of **oil**. Cook the **onion** for 5 mins or until softened. Add the chopped **garlic**, **coriander** stalks and **courgette**. Season with ¼ tsp of **salt** and a good grind of **black pepper**. Stir in the **basmati rice** and make sure the rice is coated with all the flavours in the pan.



4 Pour in 350ml of cold **water** with the **chicken stock pot** and bring to the boil. Once boiling, reduce the

heat to a simmer, put a lid on the pan and cook for 10 mins. Finish the rice dish by removing the pan from the heat (lid still on!) and leave to continue cooking in its own steam, for a further 10 mins.

5 As the rice cooks, pre-heat your grill to its highest setting. Put the chicken on a baking tray and cook it for 15 mins. **Tip:** *You want the yogurt marinade to scorch, so don't be tempted to turn the grill down. It's all about flavour!* Turn the chicken after 7 mins and cook for another 7 mins or until the centre is no longer pink.

6 Chop the **coriander** leaves and zest and juice half the **lemon** whilst the **rice** and **chicken** do their thing. Mix the **lemon** zest through the remaining **yoghurt** and keep to one side.

7 Once the **rice** is ready, stir in the **coriander** leaves and half the **lemon** juice. Taste and add more **salt** if needed and more **lemon** if you feel it needs a bit more zing!

8 Cut the **chicken** into ½cm strips and serve on top of a bed of rice. Finish with dollops of the lemony **yoghurt** and enjoy!