



Chermoula Spiced Chicken

with Courgette Rice and Lemon Yoghurt



HELLO CHERMOULA

This traditional North African spice blend contains paprika, chillies, cumin and lemon peel.



Chicken Thigh



Chermoula Spice Mix



Natural Yoghurt



Onion



Courgette



Garlic Clove



Coriander



Lemon



Basmati Rice



Water



Chicken Stock Pot

MEAL BAG

30 mins

1 of your 5 a day

Medium Heat

When our chef André visited Marrakech, he adored the bustling night markets and the way they come alive when the sun sets. The stalls are just packed with the freshest, most seductively-spiced food for miles around. He ate the best chargrilled chicken of his life there and his memory of it inspired this dish. We hope you love it as much as he did!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Fine Grater**, **Large Saucepan** (with a **Lid**), **Measuring Jug**, some **Foil** and a **Baking Tray**. Now, let's get cooking!



1 MARINATE THE CHICKEN

Put the **chicken thighs** in a mixing bowl with the **chermoula spice mix**, **half the natural yoghurt**, a pinch of **salt** and a good grind of **black pepper**. Massage the **chicken** until it is well coated. **★ TIP:** Remember to wash your hands after handling raw meat!



2 PREP THE VEGGIES

Halve, peel and chop the **onion** into ½cm pieces. Remove the top and bottom from the **courgette**, cut lengthways into 1cm strips then chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press). Pick the **coriander leaves** from their stalks and roughly chop. Finely chop the **stalks**. Zest the **lemon**. Mix a pinch of **lemon zest** through the remaining **yoghurt** in a small bowl.



3 FRY THE ONION

Heat a splash of **oil** in a large saucepan on medium heat. Add the **onion** and cook until soft, 5 mins. Add the **garlic** and **coriander stalks**. Stir in the **basmati rice** making sure it is coated in the **oil**. Preheat your grill to its highest setting.



4 COOK THE RICE

Add the **water** (amount specified in the ingredient list) to the pan, along with the **chicken stock pot** and **courgette**. Bring to the boil. Stir to dissolve the **stock pot**, then reduce the heat to a simmer and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. **★ TIP:** The rice will finish cooking in its own steam.



5 GRILL THE CHICKEN

Meanwhile, put the marinated **chicken** on a foil-lined baking tray. Pop it under your grill for 16-18 mins. **★ TIP:** You want the yoghurt marinade to scorch, so don't be tempted to turn the grill down. It's all about flavour! Turn the chicken halfway through cooking. **★ TIP:** The chicken is cooked when it is no longer pink in the middle.



6 ASSEMBLE AND SERVE

Once the rice is ready, stir through the **coriander leaves** and a squeeze of **lemon juice**. Taste and add **salt**, **black pepper** and more **lemon juice** if you feel it needs it. Cut the **chicken** into 1cm thick strips and serve on top of the **courgette rice**. For a finishing touch, add dollops of **lemon yoghurt**. **Enjoy!**

2 PEOPLE INGREDIENTS

Chicken Thigh	4
Chermoula Spice Mix	1 tsp
Natural Yoghurt ⁷⁾	1 pot
Onion, chopped	½
Courgette, chopped	1
Garlic Clove, grated	1
Coriander, chopped	½ small bunch
Lemon	½
Basmati Rice	150g
Water*	300ml
Chicken Stock Pot	½

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	684	132
(kJ)	2887	555
Fat (g)	16	3
Sat. Fat (g)	5	1
Carbohydrate (g)	72	14
Sugars (g)	12	2
Protein (g)	62	12
Salt (g)	1.63	0.31

ALLERGENS

⁷⁾ Milk

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

Chermoula Spice Mix: Paprika, Cumin Seeds, Garlic, Lemon, Sea Salt, Red Chillies, Black Pepper, Parsley, Coriander Leaf, Turmeric.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

    #HelloFreshSnaps

