

## **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 zesty courgette pilaf.



30 mins



1.5 of your 5 a day



super spicy



Chicken Thigh



Chermoula Spice Mix (1 tsp)



Natural Yoghurt (1 pot)







Garlic Clove



Coriander (1/2 bunch)



Basmati Rice (1759)





Chicken Stock Pot



Lemon

## **2 PEOPLE INGREDIENTS**

<ul> <li>Chicken Thigh</li> </ul>	4
<ul> <li>Chermoula Spice Mix</li> </ul>	1 tsp
<ul> <li>Natural Yoghurt</li> </ul>	1 po
<ul> <li>Onion, chopped</li> </ul>	1/2
<ul> <li>Courgette, chopped</li> </ul>	1
<ul> <li>Garlic Clove, grated</li> </ul>	1

Nutrition as per prepared and listed ingredients .

<ul> <li>Coriander, chopped</li> </ul>	½ bunch
<ul> <li>Basmati Rice</li> </ul>	175g
• Water	350ml
<ul> <li>Chicken Stock Pot</li> </ul>	1

Our fruit and veggies may need a little	е
wash before cooking!	

## Did you know...

Yoghurt can be used as a face mask... it's loaded with nourishing vitamins that rehydrate the skin!

## Allergens: Milk.

Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
614 kcal / 2585 kJ						
110 kcal / 465 kJ	: :					:

Lemon

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



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, a pinch of salt and a good grind of black pepper. Make sure your chicken is well coated, then put it back in your fridge.

1/2

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

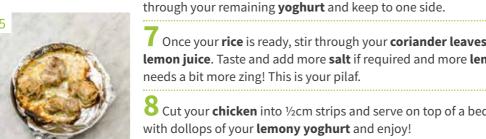


Heat a saucepan over medium heat and add a splash of oil. Cook your onion for 5 mins or until soft. Add your courgette, garlic and coriander stalks. Season with a pinch of salt and a good grind of black pepper. Stir in the basmati rice making sure your **rice** is well coated with all the ingredients in the pan.

Pour in the water (amount specified in the ingredient list) with the chicken **stock pot** and bring to the boil. Once boiling, reduce the heat until simmering, put a lid on the pan and cook for 10 mins. Finish cooking your **rice** by removing the pan from the heat (lid still on!) and leave to continue cooking in its own steam, for a further 10 mins.



Whilst your rice cooks, preheat your grill to its highest setting. Put your **chicken** on a baking tray and pop under your grill for 15 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 your **chicken** after 7 mins and cook for another 7 mins. **Tip:** The chicken is cooked when it is no longer pink in the middle.



Once your rice is ready, stir through your coriander leaves and a good splash of lemon juice. Taste and add more salt if required and more lemon juice if you feel it

Chop your coriander leaves and zest and juice the lemon. Mix your lemon zest

Cut your **chicken** into ½cm strips and serve on top of a bed of your **pilaf**. Finish