







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 zesty courgette pilaf.

 30 mins

 1.5 of your 5 a day

 super spicy



Chicken Thigh
(4)



Chermoula Spice Mix
(1 tsp)



Natural Yoghurt
(1 pot)



Onion
(½)



Courgette
(1)



Garlic Clove
(1)



Coriander
(½ bunch)



Basmati Rice
(175g)



Water
(350ml)




Chicken Stock Pot
(1)



Lemon
(½)

2 PEOPLE INGREDIENTS

- Chicken Thigh **4**
- Chermoula Spice Mix **1 tsp**
- Natural Yoghurt **1 pot**
- Onion, chopped **½**
- Courgette, chopped **1**
- Garlic Clove, grated **1**
- Coriander, chopped **½ bunch**
- Basmati Rice **175g**
- Water **350ml**
- Chicken Stock Pot **1**
- Lemon **½**

 Our fruit and veggies may need a little 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.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	614 kcal / 2585 kJ	18 g	4 g	69 g	11 g	18 g	3 g
Per 100g	110 kcal / 465 kJ	3 g	1 g	12 g	2 g	3 g	0 g

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



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**, 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.



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.



3 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.



4 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.

5 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.*

6 Chop your **coriander leaves** and zest and juice the **lemon**. Mix your **lemon zest** through your remaining **yoghurt** and keep to one side.

7 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 needs a bit more zing! This is your pilaf.

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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!