



Chermoula Spiced Chicken

with Courgette Rice and Lemon Yoghurt



HELLO COURGETTE

Americans call these vegetables 'zucchini'.
Their flowers are also edible!



Chicken Thigh



Chermoula Spice Mix



Natural Yoghurt



Onion



Courgette



Garlic Clove



Coriander



Lemon



Basmati Rice



Chicken Stock Powder

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!

30 mins

1 of your 5 a day

Medium heat

MEAL BAG

6

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 **pepper**. Massage the **chicken** until it is well coated. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



2 PREP THE VEGGIES

Halve, peel and chop the **onion** into small pieces. Trim the **courgette**, quarter lengthways, then chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander**. Zest the **lemon**. In a small bowl, mix a pinch of **lemon zest** through the remaining **yogurt** and season with **salt** and **pepper**.



3 COOK 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 cook for 1 minute, then pour the **water** for the rice (see ingredients for amount) into the saucepan and bring to the boil. Preheat your grill to its highest setting.



4 COOK THE RICE

When boiling, add the **stock powder**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 5 mins, add the **courgette**, pop the lid back on and cook for 5 mins more. Remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will cook 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. **! IMPORTANT:** 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 add a squeeze of **lemon juice**. Taste and add **salt**, **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 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Chicken Thigh *	4	6	8
Chermoula Spice Mix	1 small pot	¾ large pot	1 large pot
Natural Yoghurt 7) *	1 pouch	1 pouch	2 pouches
Onion *	1	1	2
Courgette *	1	1	2
Garlic Clove *	1	1	2
Coriander *	½ bunch	1 bunch	1 bunch
Lemon *	½	½	1
Basmati Rice	150g	225g	300g
Water*	300ml	450ml	600ml
Chicken Stock Powder	½ sachet	1 sachet	1 sachet

*Not Included * Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 551G	PER 100G
Energy (KJ/ kcal)	2979 / 712	540 / 129
Fat (g)	16	3
Sat. Fat (g)	5	1
Carbohydrate (g)	78	14
Sugars (g)	16	3
Protein (g)	62	11
Salt (g)	0.84	0.15

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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