



# Chermoula-Spiced Yoghurt Chicken

with Lemony Greens & Rapid Currant Rice

NEW KID FRIENDLY DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Basmati Rice



Currants



Chicken-Style Stock Powder



Greek-Style Yoghurt



Chermoula Spice Blend



Chicken Thigh



Green Beans



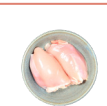
Zucchini



Lemon



Baby Spinach Leaves



Chicken Thigh

Prep in: 25-35 mins  
Ready in: 30-40 mins

Calorie Smart\*

\*Custom Recipe is not Calorie Smart or Dietitian Approved

Eat Me Early

This trifecta of a dish has stepped up to the plate! You've got currants added to your basmati rice taking it from zero to hero, a collection of some gorgeous, lemony greens and tender chermoula spiced chicken all in the one serving!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
currants	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
chicken thigh	1 small packet	2 small packets OR 1 large packet
green beans	1 small bag	1 medium bag
zucchini	1	2
lemon	½	1
baby spinach leaves	1 small bag	1 medium bag
chicken thigh**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2457kJ (587Cal)	472kJ (113Cal)
Protein (g)	42.2g	8.1g
Fat, total (g)	11.5g	2.2g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	75g	14.4g
- sugars (g)	13g	2.5g
Sodium (mg)	1070mg	205mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3287kJ (786Cal)	479kJ (114Cal)
Protein (g)	72.6g	10.6g
Fat, total (g)	20g	2.9g
- saturated (g)	6.3g	0.9g
Carbohydrate (g)	75g	10.9g
- sugars (g)	13g	1.9g
Sodium (mg)	1171mg	171mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Cook the rice

- Preheat oven to **240°C/220°C fan-forced**.
- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and **currants** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain and return to the saucepan. Add the **butter** and **chicken-style stock powder** and stir to combine.



## Cook the veggies

- While chicken is cooking, trim **green beans**.
- Slice **zucchini** into rounds.
- Cut **lemon** into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **green beans** and **zucchini** and cook, tossing, until tender, **4-5 minutes**.
- Add **baby spinach leaves** and a squeeze of **lemon juice** and cook until wilted, **1 minute**. Season to taste.



## Cook the chicken

- Meanwhile, in a medium bowl, combine a dollop of **Greek-style yoghurt**, **chermoula spice blend** and a pinch of **salt**. Add **chicken thigh**. Toss to coat.
- Transfer to a lined oven tray and bake until cooked through **14-16 minutes**.

**TIP:** Chicken is cooked through when it is no longer pink inside.

**Custom Recipe:** If you've doubled your chicken thigh, toss to coat as above. Spread chicken across two lined oven trays for the best results!



## Serve up

- Divide rapid currant rice, lemony greens and chermoula yoghurt chicken between bowls.
- Serve with the remaining yoghurt and lemon. Enjoy!

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)