



Chermoula-Honey Chicken

with Zesty Salsa, Garlic Rice & Almonds

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Garlic



Vegetable Stock Powder



Basmati Rice



Lime



Chermoula Spice Blend



Cucumber



Tomato



Flaked Almonds



Parsley



Chicken Thigh



Chicken Breast

Prep in: 30-40 mins
Ready in: 35-45 mins

Eat Me Early

Team lime zest with honey and you have the key ingredients for a heavenly glaze. While it mingles in the pan with the chermoula chicken, whip up a refreshing salsa, then serve over fluffy garlic rice to soak up the deliciousness.

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

Pantry items

Olive Oil, Butter, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
lime	½	1
honey*	1 tbs	2 tbs
water* (for the glaze)	1 tbs	2 tbs
chermoula spice blend	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
cucumber	1	2
tomato	1	2
flaked almonds	1 medium packet	1 large packet
parsley	1 bag	1 bag
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2900kJ (693Cal)	646kJ (154Cal)
Protein (g)	38.4g	8.6g
Fat, total (g)	25.7g	5.7g
- saturated (g)	9g	2g
Carbohydrate (g)	73.4g	16.3g
- sugars (g)	11.5g	2.6g
Sodium (mg)	1039mg	231mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2830kJ (676Cal)	630kJ (151Cal)
Protein (g)	41.3g	9.2g
Fat, total (g)	22.4g	5g
- saturated (g)	8.1g	1.8g
Carbohydrate (g)	73.4g	16.3g
- sugars (g)	11.5g	2.6g
Sodium (mg)	1027mg	229mg

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 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 garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**. Add **vegetable stock powder**, **basmati rice** and the **water (for the rice)**. Stir, then bring to the boil.
- Reduce heat to low, then cover with a lid. Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**.
- In the **last minute**, add **honey glaze**, turning **chicken** to coat. Cook until bubbling, **1-2 minutes**.

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

Custom Recipe: Prepare pan as above. Cook chicken until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded). In the last minute, add honey glaze, as above.



Make the glaze

- Meanwhile, zest **lime** to get a pinch, then slice into wedges.
- In a small bowl, combine **lime zest**, a squeeze of **lime juice**, the **honey** and the **water (for the glaze)**. Set aside.



Make the salsa

- Meanwhile, finely chop **cucumber** and **tomato**. Transfer to a second medium bowl.
- Add a squeeze of **lime juice** and a drizzle of **olive oil**. Season, then toss to combine.



Prep the chicken

- In a medium bowl, combine **chermoula spice blend** and a drizzle of **olive oil**.
- Add **chicken thigh**, turning to coat.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Add to the spice mixture, as above.



Serve up

- Thinly slice chicken.
- Divide garlic rice between plates. Top with chermoula-honey chicken, drizzling over any extra glaze from pan.
- Top with zesty salsa. Sprinkle with **flaked almonds** and torn **parsley** leaves.
- Serve with any remaining lime wedges. Enjoy!

Rate your recipe

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