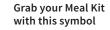


Chermoula-Honey Chicken with Zesty Salsa, Garlic Rice & Almonds

CUSTOMER FAVOURITE











Basmati Rice



Chermoula Spice







Cucumber

Flaked Almonds





Chicken Thigh



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.

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

ingi edients				
	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	1/2	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		
de desta				

^{*}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

2023 | CW08

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!



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.



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.



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 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.



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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate