

Chermoula Chicken & Veggie Risoni

with Lemon Yoghurt

Grab your Meal Kit with this symbol



Beetroot



Capsicum



Red Onion



Chermoula Spice Blend



Chicken Breast



Greek-Style Yoghurt



Lemon



Garlic



Parsley



Risoni





Chicken Stock Pot



Baby Spinach Leaves

 Hands-on: 30-40 mins
Ready in: 40-50 mins

 Calorie Smart

 Eat me early

This dish is inspired by the lively and vibrant night markets of Marrakech – it's packed with loads of colour, aroma and zest, made only more delicious by the perfectly charred chermoula spiced chicken.

Pantry items

Olive Oil

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

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
capsicum	1	2
red onion	1	2
chermoula spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
chicken breast	1 small packet	1 large packet
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
lemon	½	1
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
risoni	1 packet	2 packets
water*	1 cup	2 cups
chicken stock pot	1 tub (20g)	1 tub (40g)
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2601kJ (621Cal)	384kJ (91Cal)
Protein (g)	47.7g	7g
Fat, total (g)	18.6g	2.7g
- saturated (g)	5g	0.7g
Carbohydrate (g)	58.3g	8.6g
- sugars (g)	23.6g	3.5g
Sodium (mg)	1445mg	214mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** into 1cm cubes. Cut the **capsicum** into 2cm chunks. Cut the **red onion** into 2cm wedges. Place the **veggies** on an oven tray lined with baking paper, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer and roast until tender, **20-25 minutes**.

TIP: Cut the veggies to size so they cook in time.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until golden, **2 minutes** each side. Transfer the **chicken** to a second oven tray lined with baking paper and bake until cooked through, **8-12 minutes** (depending on thickness).

TIP: Don't worry if the chicken chars in the pan, this just adds more flavour!



Flavour the chicken

While the veggies are roasting, combine the **chermoula spice blend**, the **salt** and 1/2 the **Greek-style yoghurt** in a medium bowl. Season with **pepper**. Add the **chicken breast** and toss to coat. Set aside.



Cook the risoni

Wipe out the frying pan, then heat a drizzle of **olive oil** over a medium-high heat. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **risoni**, the **water** and **chicken stock pot**. Bring to the boil, then reduce the heat and simmer, stirring occasionally, until the risoni is 'al dente' and the water is absorbed, **10-15 minutes**. Stir through the **roasted veggies**, chopped **parsley**, **baby spinach leaves**, any **chicken resting juices** and a squeeze of **lemon juice**. Season to taste.

TIP: Add an extra splash of water if the liquid is absorbed before the risoni is tender.



Prep the toppings

Zest the **lemon** to get a pinch, then slice into wedges. In a small bowl, combine the **lemon zest**, a drizzle of **olive oil** and the remaining **yoghurt**. Season with **salt** and **pepper** and mix well. Set aside. Finely chop the **garlic** and **parsley** leaves (reserve some leaves for garnish!).



Serve up

Slice the chermoula chicken. Divide the veggie risoni between bowls and top with the chicken, lemon yoghurt and reserved parsley. Squeeze over lemon juice to serve.

Enjoy!