



Moroccan-Spiced Honey & Garlic Chicken

with Currant Rice & Tzatziki

Grab your Meal Kit with this symbol



Basmati Rice



Chicken Stock Pot



Currants



Chicken Tenderloins



Ras El Hanout



Garlic Paste



Tomato



Baby Spinach Leaves



Tzatziki



Hands-on: 10-20 mins
Ready in: 20-30 mins



Calorie Smart



Eat Me Early

Vibrant veggies and Moroccan ras el hanout spices combine to create this rich, colourful bowl. From the sweet currants adorning the rice, to the succulent chicken and creamy tzatziki, there's so much to love here!

Pantry items

Olive Oil, 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 |
| water* | 1½ cups | 3 cups |
| basmati rice | 1 medium packet | 1 large packet |
| chicken stock pot | 1 packet (20g) | 1 packet (40g) |
| currants | 1 medium packet | 1 large packet |
| chicken tenderloins | 1 packet | 1 packet |
| ras el hanout | 1 sachet | 2 sachets |
| garlic paste | ½ packet | 1 packet |
| honey* | 1 tsp | 2 tsp |
| tomato | 1 | 2 |
| baby spinach leaves | 1 medium bag (60g) | 1 large bag (120g) |
| tzatziki | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2566kJ (613Cal) | 666kJ (159Cal) |
| Protein (g) | 46.9g | 12.2g |
| Fat, total (g) | 13.2g | 3.4g |
| - saturated (g) | 2.2g | 0.6g |
| Carbohydrate (g) | 75.1g | 19.5g |
| - sugars (g) | 12.8g | 19.5g |
| Sodium (mg) | 910mg | 236mg |

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.

1



Cook the currant rice

- In a medium saucepan, add the **water** and bring to the boil. Add **basmati rice, chicken stock pot** and **currants**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until rice is tender and the water is absorbed, **10 minutes**.

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

3



Make the toppings

- Meanwhile, roughly chop the **tomato**.

2



Cook the chicken

- While rice is cooking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook **chicken tenderloins** and **ras el hanout** until browned and cooked through, **2-3 minutes** on each side.
- Add **garlic paste** (see ingredients) and cook until fragrant, **1 minute**. Remove the pan from the heat, add **honey** and toss to coat.

4



Bring it together & serve up

- Add tomato and **baby spinach leaves** to rice and stir to combine.
- Divide currant rice between bowls and top with ras el hanout honey garlic chicken. Drizzle with **tzatziki**.

Enjoy!

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