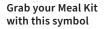


Moroccan-Spiced Honey & Garlic Chicken with Currant Rice & Tzatziki















Currants

Chicken Tenderloins



Ras El Hanout



Garlic Paste





Leaves



Tzatziki

Pantry items Olive Oil, Honey

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



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

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	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.



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!



Make the toppings

• Meanwhile, roughly chop the tomato.



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.



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!



