

Easy Moroccan Chicken

with Honey-Garlic Glaze & Currant Rice



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**

 Eat Me Early

 Calorie Smart

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*	1 ½ 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 small packet	1 large 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	1 large bag
tzatziki	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2523kJ (603Cal)	673kJ (161Cal)
Protein (g)	44.6g	11.9g
Fat, total (g)	13g	3.5g
- saturated (g)	2.1g	0.6g
Carbohydrate (g)	74.2g	19.8g
- sugars (g)	11.9g	19.8g
Sodium (mg)	906mg	242mg

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

- Add the **water** to a medium saucepan 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 pan 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!

3



Finish the rice

- Roughly chop **tomato**.
- Add **tomato** and **baby spinach leaves** to **currant rice**. Stir to combine.

2



Cook the chicken

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

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

4



Serve up

- Divide currant rice between bowls. Top with Moroccan honey garlic chicken.
- Serve with a dollop of **tzatziki**.

Enjoy!

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