



Quick Moroccan 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

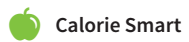


Mixed Leaves



Tzatziki

Prep in: 10-20 mins
Ready in: 20-30 mins



Calorie Smart

Eat Me Early

Bursting with bold Moroccan spices (think cumin, paprika, fennel, and then some) our ras el hanout spice blend is perfect for amping up the flavour of juicy tenders. Add a garlicky glaze in the last minute of cook-time, and serve with a veggie-adorned currant rice, plus a dollop of tangy tzatziki to bring it all together.

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 small packet	1 large packet
ras el hanout	1 medium sachet	1 large sachet
garlic paste	½ packet	1 packet
honey*	1 tsp	2 tsp
tomato	1	2
mixed 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)	2508kJ (599Cal)	669kJ (160Cal)
Protein (g)	44.4g	11.8g
Fat, total (g)	12.8g	3.4g
- saturated (g)	2.1g	0.6g
Carbohydrate (g)	74.6g	19.9g
- sugars (g)	12.3g	3.3g
Sodium (mg)	1014mg	270mg

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 heat to low. Cook for **10 minutes**, then remove pan from heat.
- Keep covered until rice is tender and all 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**.
- To the saucepan with the **currant rice**, add **tomato** and **mixed leaves**. Stir to combine.

2



Cook the chicken

- While the rice is cooking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **chicken tenderloins** and **ras el hanout** until chicken is 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 the **honey**, turning **chicken** 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 chicken.
- Serve with a dollop of **tzatziki**.

Enjoy!

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