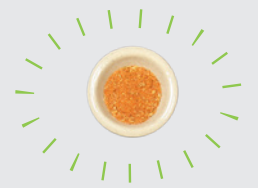




# Sweet Moroccan Chicken Tagine

with Basmati Rice & Slivered Almonds



Cook a chicken tagine



Free-Range Chicken Thigh



Brown Onion



Zucchini



Peeled Pumpkin



Garlic



Chicken Stock



Coriander



Basmati Rice



Mild Moroccan Spice Blend



Tomato Paste Blend



Greek Yoghurt



Slivered Almonds

Pantry Staples



Olive Oil



Water

Hands-on: 20 mins  
Ready in: 40 mins

Eat me early

Traditionally, a tagine is slow cooked for hours to tenderise a tougher piece of meat. But we know dinner time is precious, so we've given you the cheat's version. Australian chicken teamed with authentic Moroccan spice and slivered almonds will conjure up the heady aromas of the streets of Marrakesh.



# BEFORE YOU — START

You will need: **chef's knife, chopping board, garlic crusher, large frying pan, wooden spoon, plate, jug, sieve, medium saucepan with a lid** and a **fork** or **potato masher**. Let's start cooking the **Sweet Moroccan Chicken Tagine with Basmati Rice & Slivered Almonds**



## 1 GET PREPPED

Chop the **free-range chicken thigh** into 2 cm chunks. Finely slice the **brown onion**. Finley slice the **zucchini** into half moons. Slice the **peeled pumpkin** into 1 cm chunks. Peel and crush the **garlic**.



## 2 BROWN THE CHICKEN

Heat **1/2** the **olive oil** in a large frying pan over a medium-high heat. Cook **1/2** of the **chicken** for **3-4 minutes**, or until browned (the chicken will continue cooking in step 5). Transfer to a plate and repeat with the remaining chicken. Set aside. Return the pan to a medium-high heat and add the remaining olive oil. Add the **brown onion** and the **zucchini** and cook for **4-5 minutes**, or until softened. Add the **pumpkin** and cook for **8-10 minutes**, stirring occasionally, until tender.



## 3 PREPARE THE STOCK

While the pumpkin is cooking, combine the **chicken stock** cube and the **water (for the sauce)** in a jug. Pick and finely chop the **coriander** leaves.



## 4 COOK THE RICE

Rinse the **basmati rice** well. Place the rice in a medium saucepan with the **water (for the rice)** and bring to the boil over a medium-high heat. Once the water has come to a boil, reduce the heat to low and simmer, uncovered, for **8-10 minutes**. Drain and return to the saucepan. Cover with a lid.



## 5 MAKE THE TAGINE

**+** Add the **garlic** and the **mild Moroccan spice blend** to the pumpkin mixture and cook for **1 minute**, or until fragrant. Pour in the **chicken stock** and **tomato paste** and stir to combine. Return the **chicken** to the pan and bring the mixture to the boil. Reduce the heat to low and simmer for **10 minutes**, or until the pumpkin has completely softened. Use a fork or potato masher to mash some of the pumpkin into the sauce for a thicker consistency. Stir through the **Greek yoghurt** (use small tub) and season with a **pinch** of **salt** and **pepper**.



## 6 SERVE UP

Divide the basmati rice and sweet Moroccan chicken tagine between bowls. Sprinkle with coriander and **slivered almonds**.

# Enjoy!

# 4-5 PEOPLE — INGREDIENTS

	4-5P
free-range chicken thigh	1 packet
<b>brown onion</b> 🍅	1
<b>zucchini</b> 🍅	1
peeled pumpkin	1 portion
garlic	2 cloves
<i>olive oil*</i>	2 tbs
chicken stock	1 cube
<i>water (for the sauce)*</i>	½ cup
coriander	1 bunch
basmati rice	2 packets (1 ½ cups)
<i>water (for the rice)*</i>	6 cups
mild Moroccan spice blend	1 sachet (1 tbs)
<b>tomato paste</b> 🍅	1 sachet (2 tbs)
<b>Greek yoghurt</b> 🍅	1 small tub (100g)
slivered almonds	1 packet (2 tbs)

\*Pantry Items | 🍅 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3020kJ (721Cal)	327kJ (78Cal)
Protein (g)	44.2g	4.8g
Fat, total (g)	24.6g	2.7g
- saturated (g)	6.2g	0.7g
Carbohydrate (g)	76.8g	8.3g
- sugars (g)	12.3g	1.3g
Sodium (mg)	356mg	39mg

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