



ZAATAR CHICKEN & RICE PILAF

with Mint and Baby Spinach



Master a rice pilaf



Brown Onion



Garlic



Baby Spinach Leaves



Zucchini



Basmati Rice



Free-Range Chicken Thigh



Zaatar



Chicken Stock



Middle Eastern Spice Blend



Currants



Mint

Hands-on: **35 mins**
Ready in: **45 mins**

Eat me early

This lovely Middle Eastern pilaf is topped with marinated zaatar chicken. We've used chicken thigh because it has such great flavour and won't dry out. It's great when paired with mint, too!

Pantry Staples: Olive Oil, Water, Salt

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **kettle, chef's knife, chopping board, fine grater, sieve, medium bowl, spoon, large frying pan, wooden spoon, tongs** and an **oven tray** lined with **baking paper**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Bring a full kettle of water to the boil. Finely chop the **brown onion**. Peel and finely grate the **garlic**. Rinse the **basmati rice** well. Roughly shred the **baby spinach leaves**. Finely chop the **mint** leaves.



2 MARINATE THE CHICKEN

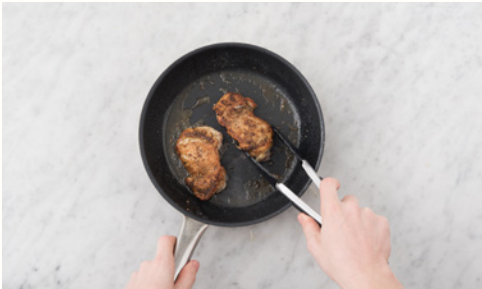
In a medium bowl, combine the **free-range chicken thigh** with a **drizzle of olive oil** and the **zaatar**. Season with a **pinch of salt** and **pepper**. Toss to coat and set aside.

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **onion** and cook for **4-5 minutes**, or until soft. Add the **garlic** and **Middle eastern spice blend** and cook for **1 minute**, or until fragrant.



3 START THE RICE PILAF

Add the **basmati rice** and **currants** to the pan with the onion and stir to coat in the spices. Add the **water (check ingredients list for the amount)** and crumble in the **chicken stock cube**. Bring to the boil, then cover with a lid and reduce the heat to low. Simmer for **15 minutes**, or until the rice is soft and the liquid has been absorbed. Add the **salt (use suggested amount)** and stir through the **baby spinach leaves**.



4 COOK THE ZAAATAR CHICKEN

While the pilaf is cooking, heat a medium frying pan over a medium-high heat. Add the marinated **chicken thigh** and cook for **2 minutes** on each side, or until browned. Transfer the chicken to the oven tray lined with baking paper and place in the oven to cook for **14 minutes**, or until cooked through. **TIP:** *The chicken is cooked when it is no longer pink inside.* Slice into 2 cm strips.



5 COOK THE ZUCCHINI

While the chicken is in the oven, cut the **zucchini** into 2 cm cubes. Return the pan to a medium-high heat and add a **drizzle of olive oil** and the zucchini. Cook for **5 minutes**, or until tender. Season with a **pinch of salt** and **pepper**. Transfer the zucchini to the pan with the pilaf and stir through to combine.



6 SERVE UP

Divide the rice pilaf between bowls and top with slices of zaatar chicken. Sprinkle over the **mint**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	1 clove	2 cloves
basmati rice	1 packet (¾ cup)	2 packets (1 ½ cups)
baby spinach leaves	1 bag	1 bag
mint	1 bunch	1 bunch
free-range chicken thigh	1 packet	1 packet
zaatar	1 sachet (1 tbs)	2 sachets (2 tbs)
Middle Eastern spice blend	2 sachets (1 tbs)	4 sachets (2 tbs)
currants	1 sachet (2 tbs)	2 sachets (24tbs)
water*	1 ½ cups	3 cups
chicken stock	1 cube	2 cubes
salt*	¼ tsp	½ tsp
zucchini	1	2

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3370kJ (804Cal)	445kJ (106Cal)
Protein (g)	44.1g	5.8g
Fat, total (g)	30.0g	4.0g
- saturated (g)	6.2g	0.8g
Carbohydrate (g)	83.7g	11.1g
- sugars (g)	18.0g	2.4g
Sodium (g)	290mg	38mg

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