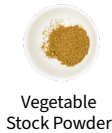
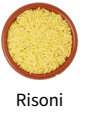
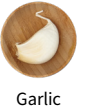
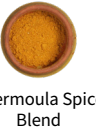



Chermoula Chicken & Veggie Risoni

with Lemon Yoghurt

Grab your Meal Kit with this symbol



 Hands-on: 30-40 mins
Ready in: 40-50 mins

 Eat me early

 Low Calorie

This dish is inspired by the lively and vibrant night markets of Marrakech – it’s packed with loads of colour, aroma and zest, made only more authentic by the perfectly charred chermoula-spiced chicken.

Pantry items

Olive Oil

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
capsicum	1	2
red onion	1 (medium)	1 (large)
chermoula spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
yoghurt	1 small packet	1 large packet
chicken breast	1 packet	1 packet
lemon	½	1
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
risoni	1 packet	1 packet
water*	1 cup	2 cups
vegetable stock powder	1 sachet	1 sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2240kJ (535Cal)	408kJ (98Cal)
Protein (g)	48.0g	8.7g
Fat, total (g)	13.8g	2.5g
- saturated (g)	4.6g	0.8g
Carbohydrate (g)	50.1g	9.1g
- sugars (g)	13.8g	2.5g
Sodium (mg)	1150mg	209mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Slice the **courgette** into 1cm half-moons. Cut the **capsicum** into 2cm chunks. Slice the **red onion** into 2cm wedges. Place the **veggies** on an oven tray lined with baking paper, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer and roast until tender, **20-25 minutes**.

TIP: Cut the veggies to size so they cook in time.



Flavour the chicken

While the veggies are roasting, combine the **chermoula spice blend**, the **salt** and **1/2** the **yoghurt** in a medium bowl. Season with **pepper**, add the **chicken breast** and toss to coat. Set aside to marinate.



Prep the toppings

Zest the **lemon** to get a pinch, then slice into wedges. In a small bowl, combine the remaining **yoghurt**, **lemon zest** and a drizzle of **olive oil**. Season with **salt** and **pepper** and set aside. Finely chop the **garlic**. Finely chop the **parsley** leaves (reserve some leaves for garnish!).



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **chicken** and cook until golden, **2 minutes** each side. Transfer the **chicken** to a second oven tray lined with baking paper and bake until cooked through, **8-12 minutes**. Remove from the oven and allow the **chicken** rest for about **5 minutes**.

TIP: Don't worry if the chicken chars in the pan, this just adds more flavour!

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



Cook the risoni

Wipe out the pan, then return to a medium-high heat with a drizzle of **olive oil**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **risoni**, the **water** and **vegetable stock powder**. Bring to the boil, then reduce the heat to medium and simmer, stirring occasionally, until the risoni is 'al dente' and the water has been absorbed, **10-15 minutes**. Stir through the roasted **veggies**, **parsley**, **baby spinach leaves**, any **chicken resting juices** and a squeeze of **lemon juice**. Season to taste.

TIP: Add an extra splash of water if the liquid is absorbed before the risoni is tender.



Serve up

Slice the chicken. Divide the veggie risoni between plates and top with the chermoula chicken, lemon yoghurt and reserved parsley leaves. Squeeze over the remaining lemon wedges to serve.

Enjoy!