



Chermoula-Yoghurt Chicken

with Jewelled Garlic Rice

Grab your Meal Kit
with this symbol



Garlic



Chermoula Spice Blend



Yoghurt



Chicken Thigh



Brown Onion



Beetroot



Lemon



Currants



Basmati Rice



Vegetable Stock



Flaked Almonds



Baby Spinach Leaves



Hands-on: **35-45 mins**
Ready in: **40-50 mins**



Eat me early

Add a little sparkle to your weeknight dinner with this bright and richly flavoured chicken meal. The “jewels” in the colourful rice are lightly cooked greens, toasted almonds and plump currants, creating an easy and addictive dish that will steal your heart.

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
chermoula spice blend	1 sachet	2 sachets
salt* (for the chicken)	¼ tsp	½ tsp
yoghurt	1 packet	1 packet
chicken thigh	1 packet	1 packet
brown onion	1 (medium)	1 (large)
beetroot	1	2
lemon	½	1
water*	1½ cups	3 cups
currants	1 packet	2 packets
basmati rice	1 packet	2 packets
salt* (for the rice)	¼ tsp	½ tsp
vegetable stock	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2710kJ (647Cal)	602kJ (144Cal)
Protein (g)	41.9g	9.3g
Fat, total (g)	14.2g	3.2g
- saturated (g)	4.3g	1.0g
Carbohydrate (g)	82.6g	18.4g
- sugars (g)	19.6g	4.4g
Sodium (g)	1010mg	224mg

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.



1. Flavour the chicken

Finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **chermoula spice blend**, **salt (for the chicken)**, **1/2 the yoghurt** and **1/2 the garlic**. Add the **chicken thigh**, season with a **pinch of pepper** and toss to coat. Set aside to marinate.



2. Get prepped

Finely chop the **brown onion**. Cut the **beetroot** (unpeeled) into 1cm chunks. Slice the **lemon** (see **ingredients list**) into wedges. In a small bowl, combine the **remaining yoghurt** and a **squeeze of lemon juice**. Season to taste with **salt** and **pepper** and mix well. Set aside.

TIP: Wear gloves to prevent the beetroot from staining your fingers!



3. Cook the jewelled rice

In a medium saucepan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **onion** and cook, stirring, until slightly softened, **2 minutes**. Add the **remaining garlic** and cook until fragrant, **1 minute**. Add the **water**, **currants**, **basmati rice**, **salt (for the rice)** and the **vegetable stock**. Bring to the boil, stir, then reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and all the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



4. Cook the chicken

While the rice is cooking, heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **chicken** and cook, turning occasionally, until browned and cooked through, **10-14 minutes**. Transfer to a plate and cover to keep warm.

TIP: The chicken is cooked when it's no longer pink inside.



5. Toast the almonds

Wash the frying pan and return to a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **beetroot** and cook, stirring, until tender, **3-4 minutes**. Add the **baby spinach leaves** and cook, stirring, until wilted, **1 minute**. Season to taste with **salt** and **pepper**. Gently stir the **beetroot mixture** through the **rice**.



6. Serve up

Thickly slice the chicken. Divide the jewelled garlic rice between plates and top with the chermoula chicken and a dollop of lemon yoghurt. Sprinkle with the toasted almonds and serve with any remaining lemon wedges.

Enjoy!