



# Chermoula & Garlic Chicken

with Jewelled Rice & Harissa Yoghurt

Grab your Meal Kit  
with this symbol



Hands-on: 35-45 mins  
Ready in: 40-50 mins  
Naturally Gluten-Free  
Not suitable for coeliacs

Eat Me Early

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

*The recent harsh weather conditions have impacted the zucchinis grown by our farmers.  
The quality and freshness is still the same, but they may be a little smaller than usual.*



Garlic



Chermoula Spice Blend



Greek-Style Yoghurt



Chicken Thigh/  
Drumstick Fillet



Brown Onion



Zucchini



Harissa Paste



Currants



Basmati Rice



Garlic & Herb  
Seasoning



Baby Spinach  
Leaves



Flaked Almonds

## 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 · Oven tray lined with baking paper

## Ingredients

	2 People refer to method	4 People refer to method
olive oil*		
garlic	4 cloves	8 cloves
chermoula spice blend	1 sachet	2 sachets
salt*	1/4 tsp	1/2 tsp
Greek-style yoghurt	1 medium packet	1 large packet
chicken thigh / drumstick fillet	1 small packet	1 large packet
brown onion	1	2
zucchini	1	2
harissa paste	1 medium packet	1 large packet
water*	1 1/2 cups	3 cups
currants	1/2 medium packet	1 medium packet
basmati rice	1 medium packet	1 large packet
garlic & herb seasoning	1 sachet	2 sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)
flaked almonds	1 medium packet	1 large packet

\*Pantry items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3137kJ (750Cal)	518kJ (124Cal)
Protein (g)	46.2g	7.6g
Fat, total (g)	22.7g	3.7g
- saturated (g)	5.4g	0.9g
Carbohydrate (g)	84.8g	14g
- sugars (g)	20.6g	14g
Sodium (mg)	1261mg	208mg

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](http://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Flavour the chicken

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **garlic**. In a medium bowl, combine the **chermoula spice blend**, the **salt**, some **Greek-style yoghurt** (1 tbs for 2 people / 2 tbs for 4 people) and 1/2 the **garlic**. Add the **chicken thigh / drumstick fillet**, season with **pepper** and toss to coat. Set aside.



### Prep the veggies

Finely chop the **brown onion**. Thinly slice the **zucchini** into half-moons. In a small bowl, combine the remaining **yoghurt** and the **harissa paste**. Season with **salt** and **pepper**.



### Cook the jewelled rice

In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **onion**, stirring, until just softened, **2 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Add the **water**, **currants** (see ingredients), **basmati rice** and **garlic & herb seasoning**. Bring to the boil, then reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove the pan 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!



### Bake the chicken

While the rice is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken** until golden, **2 minutes** each side. Transfer the **chicken** to a lined oven tray. Bake until cooked through, **8-12 minutes** (depending on thickness). Set aside to rest.



### Bring it all together

While the chicken is baking, wash and dry the frying pan and return to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **zucchini** until tender, **3-4 minutes**. Season to taste. Gently stir the **zucchini** and the **baby spinach leaves** through the rice.

**TIP:** Don't worry if the yoghurt chars in the pan, this just adds to the flavour!



### Serve up

Slice the chermoula and garlic chicken. Divide the jewelled rice between plates and top with the chicken and harissa yoghurt. Sprinkle with the **flaked almonds** to serve.

### Enjoy!