



Moroccan Chicken

with Zucchini, Zesty Rice and Lemony Yogurt

Family Friendly

25-35 Minutes



Chicken Breasts



Basmati Rice



Zucchini



Lemon



Chicken Stock Powder



Moroccan Spice Blend



Greek Yogurt



Garlic Salt



Sweet Bell Pepper

HELLO MOROCCAN SPICE BLEND

This blend of North African spices is warm and aromatic!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Basmati Rice	¾ cup	1 ½ cups
Zucchini	200 g	400 g
Lemon	1	1
Chicken Stock Powder	1 tbsp	2 tbsp
Moroccan Spice Blend	1 tbsp	2 tbsp
Greek Yogurt	100 ml	200 ml
Garlic Salt	1 tsp	2 tsp
Sweet Bell Pepper	160 g	320 g
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook rice

- Add **1 ¼ cups** (2 ½ cups) **water** and **stock powder** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook until golden-brown, 2-3 min per side.
- Remove the pan from heat, then transfer **chicken** to an unlined baking sheet.
- Roast in the **middle** of the oven until **chicken** is cooked through, 10-12 min.**
- Carefully rinse and wipe the pan clean.



Prep and make lemony yogurt

- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Add **half the yogurt**, **lemon juice** and **¼ tsp** (½ tsp) **sugar** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.



Cook veggies

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **zucchini** and **peppers**. Cook, stirring often, until tender-crisp, 4-5 min.
- Season with **remaining garlic salt** and **pepper**, to taste.



Marinate chicken

- Add **Moroccan Spice Blend**, **half the garlic salt** and **remaining yogurt** to a large bowl. Season with **pepper**, then stir to combine.
- Pat **chicken** dry with paper towels, then add to the large bowl with **yogurt marinade**. Toss to coat.



Finish and serve

- Fluff **rice** with a fork, then add **lemon zest** and **1 tbsp** (2 tbsp) **butter**. Season with **salt**, then stir to combine.
- Thinly slice **chicken**.
- Divide **zesty rice** between plates. Top with **veggies** and **chicken**.
- Spoon **lemony yogurt** over **chicken**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!