



Moroccan-Inspired Chicken

with Zucchini, Zesty Rice and Lemony Yogurt

Family Friendly 25-35 Minutes

Customized Protein + Add ↻ Swap or ×2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



↻ Swap 	↻ Swap 
Chicken Thighs 280 g 560 g	Tofu 1 2
 Chicken Breasts 2 4	 Basmati Rice ¾ cup 1 ½ cups
 Zucchini 1 2	 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 1 2	 Parsley 7 g 14 g

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.

Pantry items | Unsalted butter, oil, sugar, salt, pepper

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

1



Boil water and marinate chicken

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

Swap | Chicken Thighs

Swap | Tofu

- Add **1 ¼ cups** (2 ½ cups) **water** and **stock powder** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, combine **Moroccan Spice Blend**, **half the garlic salt** and **half the yogurt** in a large bowl. (**NOTE:** Reserve remaining yogurt for sauce in step 3.)
- Pat **chicken** dry with paper towels, then add to the large bowl with **yogurt marinade**. Toss to coat.

4



Cook chicken

Swap | Tofu

- Heat a large non-stick pan over medium-high heat. When the pan is 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 cooked through, 10-14 min.**
- Carefully rinse and wipe the pan clean.

2



Cook rice

- 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.

5



Cook veggies

- Reheat the same pan over medium-high.
- When the pan is 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**.

3



Prep and make lemony yogurt

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

6



Finish and serve

Swap | Tofu

- Fluff **rice** with a fork, then add **lemon zest**, **half the parsley** 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**. Sprinkle **remaining parsley** over top.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1 | Boil water and marinate chicken

Swap | Chicken Thighs

If you've opted to get **chicken thighs**, prepare, cook and plate them in the same way the recipe instructs you to prepare and cook the **chicken breasts****

1 | Boil water and marinate tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Marinate **tofu** in the same way the recipe instructs you to marinate the **chicken breasts**.

4 | Cook tofu

Swap | Tofu

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Pan-fry until golden, 2-3 min per side. Transfer **tofu** to a plate. Cover to keep warm. No need to bake **tofu** after pan-frying.

6 | Finish and serve

Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate the **chicken breasts**.

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

** Cook to a minimum internal temperature of 74°C/165°F.



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