



# Moroccan-Spiced Chicken

with Zucchini, Herby Rice and Lemony Yogurt

Family Friendly

30 Minutes



Chicken Breasts



Basmati Rice



Zucchini



Lemon



Parsley



Chicken Broth Concentrate



Moroccan Spice Blend



Greek Yogurt



Chicken Salt



Sweet Bell Pepper

## HELLO YOGURT MARINADE

*Yogurt is an ideal marinade that helps to tenderize chicken!*

## Start here

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

## 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
Parsley	7 g	14 g
Chicken Broth Concentrate	1	2
Moroccan Spice Blend	1 tbsp	2 tbsp
Greek Yogurt	100 ml	200 ml
Chicken Salt	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Unsalted Butter*	1 tbsp	2 tbsp
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 water**, **¼ tsp salt** (dbl both for 4 ppl) and **broth concentrate** 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 oil** (dbl for 4 ppl), 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.



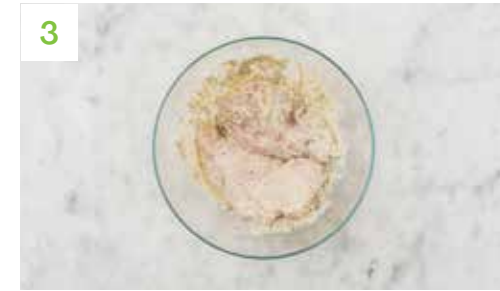
### Prep and make lemony yogurt

- Meanwhile, cut **zucchini** in half lengthwise, then 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 **any remaining lemon** into wedges.
- Add **half the yogurt** and **lemon juice** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.



### Cook veggies

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



### Marinate chicken

- Add **Moroccan Spice Blend**, **half the chicken 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**, **half the parsley** and **1 tbsp butter** (dbl for 4 ppl). Season with **salt**, then stir to combine.
- Thinly slice **chicken**.
- Divide **herby rice** between plates. Top with **veggies** and **chicken**.
- Spoon **lemony yogurt** over **chicken** and sprinkle **remaining parsley** over top.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!