



# Moroccan-Spiced Chicken

with Zucchini, Herby Rice and Lemony Yogurt

Family Friendly

25-35 Minutes



Chicken Breasts



Basmati Rice



Zucchini



Lemon



Parsley



Chicken Broth Concentrate



Moroccan Spice Blend



Greek Yogurt



Chicken Salt



Sweet Bell Pepper



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## 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.



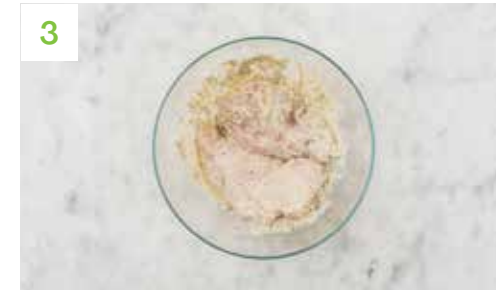
### Prep and make lemony yogurt

- Meanwhile, 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 **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!