



Moroccan Spiced Chicken

with Zucchini, Herby Rice and Lemony Yogurt

30 Minutes



Chicken Breasts



Chicken Thighs



Basmati Rice



Zucchini



Lemon



Chicken Broth Concentrate



Moroccan Spice Blend



Greek Yogurt



Parsley



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO YOGURT MARINADE

Yogurt is the perfect marinade as it helps to tenderize chicken!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Thighs	4	8
Basmati Rice	¾ cup	1 ½ cup
Zucchini	400 g	800 g
Lemon	1	1
Chicken Broth Concentrate	1	2
Moroccan Spice Blend	1 tbsp	2 tbsp
Greek Yogurt	100 ml	200 ml
Parsley	7 g	7 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 our meal kit labels for the most current allergen information.

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

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Prep

Add **1 ¼ cups water** (dbl for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, cut **zucchini** in half lengthwise, then into ½-inch thick half-moons. Roughly chop **parsley**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Stir together **half the yogurt** and **lemon juice** in a small bowl. Season with **salt** and **pepper**. Set aside.



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 pan from heat, then transfer **chicken** to a baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 10-12 min. ** Carefully rinse and wipe pan clean.



Cook rice

Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove pot from heat. Set aside, still covered.



Cook zucchini

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



Marinate chicken

While **rice** cooks, stir together **Moroccan Spice Blend** and **remaining yogurt** in a large bowl. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Add **chicken** to the large bowl with **yogurt marinade**, then toss to coat.



CUSTOM RECIPE

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



Finish and serve

Fluff **rice** with a fork, then stir in **lemon zest**, **half the parsley** and **1 tbsp butter** (dbl for 4 ppl). Season with **salt**. Thinly slice **chicken**. Divide **herby rice** between plates. Top with **zucchini** and **chicken**. Spoon **lemony yogurt** over **chicken** and sprinkle **parsley** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!