

# Ras El Hanout Yoghurt Chicken & Veggie Risoni

with Lemon Yoghurt

Grab your Meal Kit with this symbol



Courgette



Capsicum



Red Onion



Chicken Breast



Ras El Hanout



Greek-Style Yoghurt



Lemon



Garlic



Herbs



Risoni



Vegetable Stock Powder



Salad Leaves

### Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be different to what's pictured. Don't worry, your recipe will be just as delicious!

### Pantry items

Olive Oil, Honey

Hands-on: 30-40 mins  
 Ready in: 40-50 mins  
 Eat me early

Low calorie

This dish is inspired by the lively and vibrant night markets of Marrakech – it's packed with loads of colour, aroma and zest, made only more authentic by the perfectly charred chermoula-spiced chicken.

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

|                        | 2 People        | 4 People        |
|------------------------|-----------------|-----------------|
| olive oil*             | refer to method | refer to method |
| courgette              | 1               | 2               |
| capsicum               | 1               | 2               |
| red onion              | 1 (medium)      | 1 (large)       |
| chicken breast         | 1 packet        | 1 packet        |
| ras el hanout          | 1 sachet        | 1 sachet        |
| salt*                  | ¼ tsp           | ½ tsp           |
| Greek-style yoghurt    | 1 medium packet | 1 large packet  |
| lemon                  | ½               | 1               |
| garlic                 | 2 cloves        | 4 cloves        |
| herbs                  | 1 bunch         | 1 bunch         |
| honey*                 | ½ tsp           | 1 tsp           |
| risoni                 | 1 packet        | 1 packet        |
| water*                 | 1 cup           | 2 cups          |
| vegetable stock powder | 1 sachet        | 1 sachet        |
| salad leaves           | 1 bag (60g)     | 1 bag (120g)    |

\*Pantry Items

## Nutrition

|                  | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2201kJ (526Cal) | 348kJ (83Cal) |
| Protein (g)      | 51.5g           | 8.2g          |
| Fat, total (g)   | 11.6g           | 1.8g          |
| - saturated (g)  | 3g              | 0.5g          |
| Carbohydrate (g) | 54.1g           | 8.6g          |
| - sugars (g)     | 14.4g           | 2.3g          |
| Sodium (mg)      | 676mg           | 107mg         |

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Slice the **courgette** into 1cm half-moons. Cut the **capsicum** into 2cm chunks. Slice the **red onion** into 2cm wedges. Place the **veggies** on an oven tray lined with baking paper, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer and roast until tender, **20-25 minutes**.

**TIP:** Cut the veggies to size so they cook in time.



## Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). In the last **minute** of cook time, add the **honey** and toss to coat. Transfer to a plate.

**TIP:** Don't worry if the chicken chars in the pan – this just adds more flavour!

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Flavour the chicken

While the veggies are roasting, place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the **ras el hanout**, the **salt** and 1/2 the **Greek-style yoghurt**. Season with **pepper**. Add the **chicken breast** and toss to coat. Set aside to marinate.



## Prep the toppings

Zest the **lemon** to get a pinch, then slice into wedges. In a small bowl, combine the remaining **yoghurt**, the **lemon zest** and a drizzle of **olive oil**. Season with **salt** and **pepper** and set aside. Finely chop the **garlic**. Finely chop the **herbs** (reserve some leaves for garnish!).



## Cook the risoni

Wipe out the pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **garlic**, stirring, until fragrant, **1 minute**. Add the **risoni**, the **water** and **vegetable stock powder**. Bring to the boil, then reduce the heat to medium and simmer, stirring occasionally, until the risoni is 'al dente' and the water has been absorbed, **10-15 minutes**. Stir through the roasted **veggies**, **herbs**, **salad leaves**, any **chicken resting juices** and a squeeze of **lemon juice**. Season to taste.

**TIP:** Add an extra splash of water if the liquid is absorbed before the risoni is tender.



## Serve up

Slice the ras el hanout yoghurt chicken. Divide the veggie risoni between plates and top with the chicken, lemon yoghurt and reserved herbs. Squeeze over any remaining lemon wedges to serve.

## Enjoy!