

# Chermoula Chicken & Jewelled Rice

with Lemon Yoghurt & Flaked Almonds

Grab your Meal Kit with this symbol



Beetroot



Onion & Garlic Paste



Basmati Rice



Currants



Chicken-Style Stock Powder



Lemon



Chermoula Spice Blend



Flaked Almonds



Baby Spinach Leaves



Greek-Style Yoghurt



Chicken Thigh



Chicken Breast



### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **35-45 mins**  
Ready in: **40-50 mins**

 Eat Me Early

Add a little sparkle to your weeknight dinner with this bright and richly flavoured chicken meal. The “jewels” in the colourful rice are lightly cooked greens, roasted beetroot and plump currants, creating an easy and addictive dish that will steal your heart.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey



## 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 · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
onion & garlic paste	1 medium packet	1 large packet
basmati rice	1 packet	1 packet
currants	1 packet	1 packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
<b>water*</b>	1½ cups	3 cups
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
chermoula spice blend	1 sachet	1 sachet
chicken thigh	1 packet	1 packet
<b>honey*</b>	1 tsp	2 tsp
flaked almonds	1 packet	2 packets
baby spinach leaves	1 medium bag	1 large bag
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3311kJ (791Cal)	651kJ (156Cal)
Protein (g)	42g	8.3g
Fat, total (g)	28.9g	5.7g
- saturated (g)	7.2g	1.4g
Carbohydrate (g)	90.9g	17.9g
- sugars (g)	21.7g	4.3g
Sodium (mg)	1386mg	273mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3031kJ (724Cal)	596kJ (142Cal)
Protein (g)	46.2g	9.1g
Fat, total (g)	19.5g	3.8g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	90.9g	17.9g
- sugars (g)	21.7g	4.3g
Sodium (mg)	1369mg	269mg

The quantities provided above are averages only.

## 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.

## We're here to help!

Scan here if you have any questions or concerns



## Roast the beetroot

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **beetroot** into small chunks, then place on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until almost tender, **25-30 minutes**.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



## Bake the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned, **2 minutes** each side.
- Remove tray of **beetroot** from oven and push to one side of the tray. Add **chicken** to the other side of the oven tray and drizzle with the **honey**.
- Bake **chicken** until cooked through, **12-14 minutes**.

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

**TIP:** Keep an eye on the beetroot to ensure it doesn't burn.

**Custom Recipe:** Cook the chicken as above.



## Cook the jewelled rice

- Meanwhile, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **onion & garlic paste** until fragrant, **1 minute**.
- Add **basmati rice**, **currants**, **chicken-style stock powder**, the **water** and a pinch of **salt**. Cover with a lid and reduce heat to medium-low.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!

**TIP:** Cover the pan with a lid if the onion & garlic paste starts to spatter!



## Bring it all together

- While the chicken and beetroot are baking, wipe out the frying pan, then return to medium-high heat. Toast **flaked almonds**, tossing, until golden, **3-4 minutes**. Set aside.
- When the chicken and beetroot are done, stir **beetroot**, **baby spinach leaves** and a squeeze of **lemon juice** through the **rice** until the spinach is wilted.



## Get prepped

- While the rice is cooking, slice **lemon** into wedges. In a small bowl, combine **Greek-style yoghurt** and a squeeze of **lemon juice**. Season to taste with **salt** and **pepper**.
- In a medium bowl, combine **chermoula spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken thigh** and turn to coat.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Flavour the chicken as above.



## Serve up

- Slice chermoula chicken.
- Divide jewelled rice between bowls and top with chicken. Drizzle with lemon yoghurt and sprinkle with toasted almonds.
- Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)