



Easy Ras El Hanout, Honey & Garlic Chicken

with Currant Rice & Lemon Yoghurt

Grab your Meal Kit with this symbol



Basmati Rice



Chicken-Style Stock Powder



Currants



Chicken Breast Strips



Ras El Hanout



Garlic Paste



Tomato



Lemon



Greek-Style Yoghurt



Baby Spinach Leaves



Hands-on: **10-20 mins**
Ready in: **25-35 mins**



Eat me early



Calorie Smart

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 chicken. Whether it's the flavour-packed chicken, sweet currant rice or the speedy 25 minutes it takes to make, you'll be struggling to decide which part you love the most!

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	1 packet
chicken-style stock powder	1 sachet	2 sachets
currants	1 packet	2 packets
chicken breast strips	1 packet	1 packet
ras el hanout	1 sachet	1 sachet
garlic paste	½ packet	1 packet
honey*	1 tsp	2 tsp
tomato	1	2
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2424kJ (579Cal)	579kJ (138Cal)
Protein (g)	39.9g	9.5g
Fat, total (g)	10.8g	2.6g
- saturated (g)	3.9g	0.9g
Carbohydrate (g)	82.3g	19.7g
- sugars (g)	14.8g	3.5g
Sodium (mg)	1260mg	301mg

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

1



Start the rice

In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice**, **chicken-style stock powder** and **currants**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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

3



Finish the rice

While the chicken is cooking, roughly chop the **tomato**. Slice the **lemon** into wedges. In a small bowl, combine the **Greek-style yoghurt** and a generous squeeze of **lemon juice**. Season and set aside. Add the **baby spinach leaves** and **tomato** to the cooked **rice** and stir to combine.

2



Cook the chicken

While the rice is cooking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **chicken breast strips** and **ras el hanout** until browned and cooked through, **2-3 minutes** on each side. Add the **garlic paste** (see ingredients) and cook until fragrant, **1 minute**. Remove the pan from the heat, then add the **honey** and toss to coat. Cover to keep warm.

4



Serve up

Divide the currant rice between bowls and top with the **ras el hanout**, **honey** and **garlic chicken**. Drizzle with the **lemon yoghurt**. Serve with any remaining **lemon wedges**.

Enjoy!