

HELLO Moroccan-Inspired Chicken with Zucchini, Zesty Rice and Lemony Yogurt

Family Friendly 30-40 Minutes









If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥











Chicken Breasts 2 4

34 cup | 1 ½ cups



Zucchini





Chicken Stock Powder



1 tbsp | 2 tbsp

Moroccan Spice Blend 1 tbsp | 2 tbsp



Greek Yogurt 1 | 2



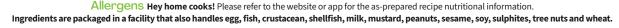
Garlic Salt 1 tsp | 2 tsp



Sweet Bell Pepper 1 | 2



7g | 7g



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



Boil water and marinate chicken

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

O Swap | Chicken Thighs

🚺 Swap | Tofu

- Add 1 ¼ cups (2 ½ cups) water and stock **powder** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, combine Moroccan Spice Blend, half the garlic salt and half the yogurt in a large bowl. (NOTE: Reserve remaining yogurt for sauce in step 3.)
- Pat **chicken** dry with paper towels, then add to the bowl with yogurt marinade. Toss to coat.



Cook rice

- Once water is 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.



Prep and make lemony yogurt

- Meanwhile, halve **zucchini** lengthwise, then cut into 1/2-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 **remaining lemon** into wedges.
- Add remaining yogurt, lemon juice and 1/4 tsp (1/2 tsp) sugar to a small bowl.
- Season with salt and pepper, then stir to combine.



Cook chicken

O Swap | Tofu

- · Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, 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 cooked through, 10-14 min.**
- Carefully rinse and wipe the pan clean.



Cook veggies

- Reheat the same pan over medium-high.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, then **zucchini** and **peppers**. Cook, stirring often, until tender-crisp, 4-5 min.
- Season with remaining garlic salt and pepper.



Finish and serve

- Fluff rice with a fork, then add lemon zest, half the parsley and 1 tbsp (2 tbsp) butter. Season with salt, then stir to combine.
- Thinly slice chicken.
- Divide **zesty rice** between plates. Top with veggies and chicken.
- Spoon lemony yogurt over chicken. Sprinkle **remaining parsley** over top.
- Squeeze a **lemon wedge** over top, if desired.

Measurements within steps

1 tbsp 2 person 4 person

oil

Ingredient

1 | Boil water and marinate chicken

O Swap | Chicken Thighs

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

1 | Boil water and marinate tofu

(Swap | Tofu

If you've opted to get tofu, pat dry with paper towels. Cut tofu in half, parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Using a fork, poke tofu all over. Season tofu in the same way the recipe instructs you to season the chicken breasts.

4 | Cook tofu

O Swap | Tofu

Sear and roast **tofu** in the same way the recipe instructs you to sear and roast the chicken breasts, until golden.

- * Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.