

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

Family Friendly 30-40 Minutes





Customized Protein Add





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2 4

34 cup | 1 1/2 cups



Zucchini





Chicken Stock Powder



Moroccan Spice

1 tbsp | 2 tbsp





**Greek Yogurt** 1 | 2



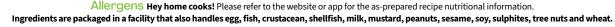
1 tsp | 2 tsp



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 prep chicken

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

# O Swap | Chicken Thighs

#### O 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 the sauce in step 3.)
- Pat chicken dry with paper towels, then add to the large 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 ½-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
  4 tsp (½ tsp) sugar to a small bowl.
- Season with salt and pepper, then stir to combine. Set aside.



## 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 (from step 4) 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

### O Swap | Tofu

- 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 bowls. 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 tbsp)

p) oil

4 person Ingredient

# 1 | Boil water and prep chicken

#### 🗘 Swap | Chicken Thighs

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

### 1 | Boil water and prep tofu

#### ( Swap | Tofu

If you've opted to get **tofu**, pat **tofu** 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. Add **tofu** to the large bowl with **yogurt marinade**. Toss to coat.

## 4 | Cook tofu

## O Swap | Tofu

When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook until golden-brown, 2-3 min per side. Remove the pan from heat, then transfer **tofu** to an unlined baking sheet. Roast in the **middle** of the oven until tender and golden, 6-8 min.

#### 6 | Finish and serve

#### 🗘 Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate the **chicken breast**.

- 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.