



# Moroccan-Inspired Chicken

## with Zucchini, Zesty Rice and Lemony Yogurt

Family Friendly 30-40 Minutes

Customized Protein **+** Add **↻** Swap or **×2** Double

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](http://www.hellofresh.ca)



<b>↻</b> Swap	<b>↻</b> Swap
Chicken Thighs 280 g   560 g	Tofu 1   2
Chicken Breasts 2   4	Basmati Rice ¾ cup   1 ½ cups
Zucchini 1   2	Lemon 1   1
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	Parsley 7 g   7 g

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Unsalted butter, salt, oil, sugar, pepper

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

1



## Boil water and prep chicken

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

🔄 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 the sauce in step 3.)
- Pat **chicken** dry with paper towels, then add to the large bowl with **yogurt marinade**. Toss to coat.

4



## Cook chicken

🔄 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.

\* 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.

2



## 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.

3



## 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 **¼ tsp** (½ tsp) **sugar** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine. Set aside.

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## 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**.

6



## Finish and serve

🔄 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) **oil**  
2 person 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

🔄 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**.