



# CHERMOULA-SPICED CHICKEN

with Basmati Rice and Roasted Zucchini



## HELLO CHERMOULA

A traditional seasoning used for grilling fish and meat in Moroccan and Tunisian cuisine

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 653



Chicken Breasts



Basmati Rice



Zucchini



Onion,  
chopped



Garlic



Fresh Cilantro



Lemon



Chermoula Spice



Chicken Broth  
Concentrate



Yogurt

## BUST OUT

- Zester
- Small Bowl
- Medium Bowl
- Salt
- Medium Pot
- Pepper
- Measuring Cups
- Olive or Canola oil
- Large Non-Stick Pan
- Measuring Spoons
- 2 Baking Sheets

## INGREDIENTS

2-person | 4-person

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|-----------------------------|-----------------|-----------------|
| • Chicken Breasts           | 1 pkg (340 g)   | 2 pkg (680 g)   |
| • Basmati Rice              | 1 pkg (170 g)   | 2 pkg (340 g)   |
| • Zucchini                  | 454 g           | 908 g           |
| • Onion, chopped            | 1 pkg (56 g)    | 2 pkg (113 g)   |
| • Garlic                    | 1 pkg (10 g)    | 2 pkg (20 g)    |
| • Fresh Cilantro            | 1 pkg (10 g)    | 1 pkg (10 g)    |
| • Lemon                     | 1               | 1               |
| • Chermoula Spice           | 1 pkg (1 tbsps) | 2 pkg (2 tbsps) |
| • Chicken Broth Concentrate | 1               | 2               |
| • Yogurt 2                  | 1 pkg (100 g)   | 2 pkg (200 g)   |

## ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix      |
| 1 Wheat/Blé            | 6 Mustard/Moutarde   |
| 2 Milk/Lait            | 7 Peanut/Cacahuète   |
| 3 Egg/Oeuf             | 8 Sesame/Sésame      |
| 4 Soy/Soja             | 9 Sulphites/Sulfites |

## START STRONG

Preheat the oven to **400°F** (to roast the zucchini and chicken). Start prepping when the oven comes up to temperature!



### 1 MARINATE CHICKEN

Wash and dry all produce. Cut the **zucchini** into **½-inch** cubes. Mince or grate the **garlic**. Roughly chop the **cilantro**. Zest, then juice the **lemon**. In a medium bowl, mix the **chermoula spice** and **half the yogurt**. Season with **salt** and **pepper**. Add the **chicken** and toss to coat.



### 4 COOK RICE

Heat a medium pot over medium heat. Add a drizzle of **oil**, then the **onion**. Cook, stirring often, until golden-brown, 5-6 min. Add the **rice** and **garlic**. Stir for 1 min. Add the **broth concentrate(s)** and **1 ½ cups salted water** (double for 4 people). Boil, then reduce the heat to low. Cover and cook until all the water is absorbed, 10-12 min.



### 2 ROAST CHICKEN

Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **chicken**. Cook until golden-brown, 2-3 min per side. Transfer the chicken to a parchment-lined baking sheet. Roast in the centre of the oven until the chicken is cooked through, 14-16 min. (**TIP:** Cook to a minimum internal temperature of 175°F.)



### 5 MAKE SAUCE

Meanwhile, in a small bowl, mix the **lemon zest**, **1 tbsps lemon juice** (double for 4 people) and **remaining yogurt**. Season with **salt** and **pepper**.



### 3 ROAST ZUCCHINI

Meanwhile, toss the **zucchini** on another baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until softened, 14-15 min.



### 6 FINISH AND SERVE

Fluff the **rice** with a **fork**. Stir in **half the cilantro**. Divide the rice, **zucchini** and **chicken** between plates. Sprinkle with **remaining cilantro**. Drizzle the **yogurt sauce** over the chicken.

## MAGIC!

It's amazing what a little spice can do to perk up classic chicken.