



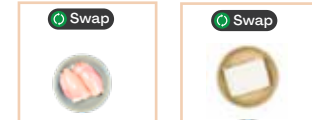
# Moroccan-Inspired Chicken

with Zucchini, Zesty Rice and Lemony Yogurt

Family Friendly 25-35 Minutes

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



Chicken Thighs <sup>+</sup>  
280 g | 560 g

Tofu  
1 | 2



Chicken Breasts <sup>+</sup>  
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  
100 ml | 200 ml



Garlic Salt  
1 tsp | 2 tsp



Sweet Bell Pepper  
1 | 2

**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.

1



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

2



### Cook rice

- Once 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.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any 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.

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.

5



### 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**, to taste.

6



### Finish and serve

- Fluff **rice** with a fork, then add **lemon zest** 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**.
- Squeeze a **lemon wedge** over top, if desired.

## 1 | Boil water and marinate chicken thighs

Swap | Chicken Thighs

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

## 1 | Boil water and marinate tofu

Swap | Tofu

Pat **tofu** dry with paper towels. Cut in half, parallel to the cutting board. (NOTE: You will have 2 tofu "steak" squares per block). Add to the large bowl with **yogurt marinade**. Toss to coat.

## 4 | Cook tofu

Swap | Tofu

Heat a large non-stick pan over medium heat. When hot add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook, flipping once, until **tofu** is crispy, 2-3 min per side. Transfer **tofu** to a plate. Set aside. Carefully wipe the pan clean and use it to cook **veggies** in step 5. Plate **tofu** the same way the recipe instructs you to plate the **chicken**.



Issue with your meal? Scan the QR code to share your feedback.

\* 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.