

DINNERLY



Spiced Chicken Breast with Moroccan Rice and Yoghurt



25 minutes



2 Servings

Craving a dinner that's delightfully delish and easy to get on the table? We're on a mission to make cooking more fun, extra yum and even simpler – this recipe, packed with quality fresh ingredients, is all that and more. Get cooking!

WHAT WE SEND

- 1 onion
- 150g green beans
- 2 garlic cloves
- chicken breast fillet
- 150g basmati rice
- 10g Moroccan seasoning ²
- 130g natural yoghurt ¹

WHAT YOU NEED

- 1½ tbs olive oil

TOOLS

- medium deep frypan with lid
- medium frypan

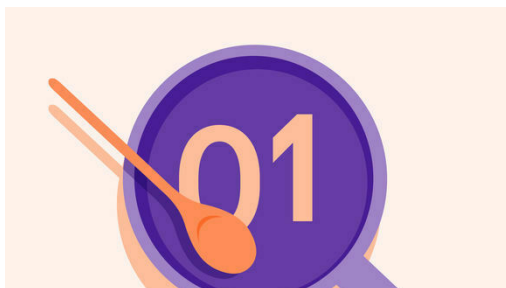
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (1), Sulphites (2). May contain traces of other allergens.

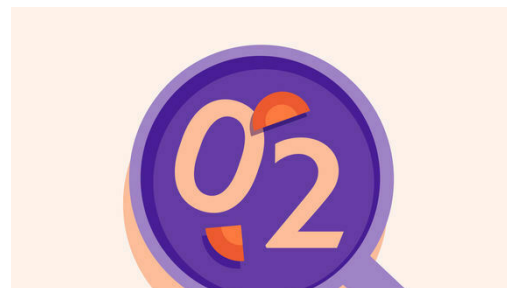
NUTRITION PER SERVING

Energy 645kcal, Fat 20.2g, Carbs 70.2g, Protein 45.4g



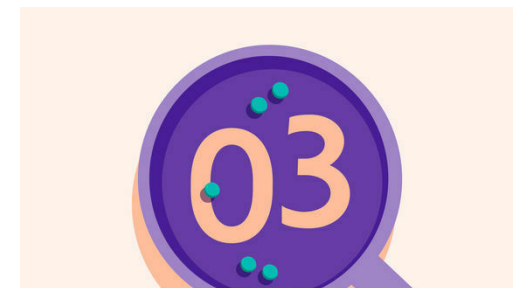
1. Prep ingredients

Thinly slice the **onion**. Trim the **beans** and cut into 4cm lengths. Crush or finely chop **2 garlic cloves**. Put the **chicken** flat on a board, put your hand on top and halve horizontally into fillets.



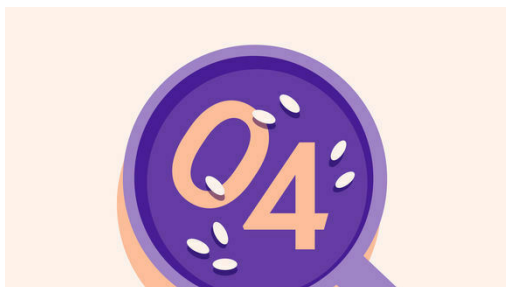
2. Soften onion

Heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **onion**, stirring, for 3-4 mins until softened. Add the **garlic, rice** and **half the Moroccan seasoning** and cook, stirring, for 30 secs or until fragrant. Season with **salt and pepper**.



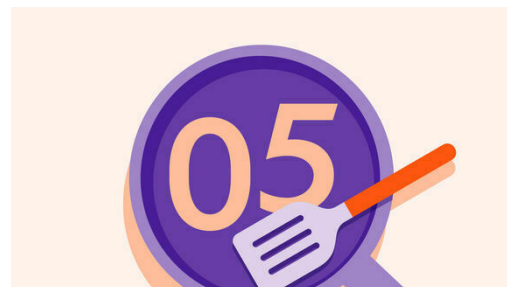
3. Cook pilaf

Add **300ml water** to the rice mixture and bring to the boil. Reduce the heat to medium-low and cook, covered, for 10 mins. Stir in the **beans**, then increase the heat to medium and cook, covered, for 2 mins or until the rice and beans are tender. Remove the pan from the heat and stand, covered, for 5 mins.



4. Pan-fry chicken

Meanwhile, combine the **remaining Moroccan seasoning** and **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the **chicken** and turn to coat. Heat a medium frypan over medium-high heat. Cook the **chicken** for 2-4 mins each side until browned and cooked through. Remove from the pan.



5. Serve up

Thinly slice the **chicken**. Divide the **pilaf** among bowls, top with the chicken and a dollop of **yoghurt**, then season with **salt and pepper**. Enjoy!



6. Make it yours

Like it herby? If you have some on hand in the crisper drawer or veggie garden, scatter over some mint or parsley leaves before serving for a burst of freshness.