



Cooking Made Easy

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Chicken with Coriander, Honey Infused Yoghurt and Ginger Rice

We love our alternative remedies down at the Fresh Farm. Vivien is often spritzing the air with a camomile and lavender calmness spray and Luke is never far away from his shea butter hand cream. For this recipe, we decided to make food your family's pharmacy. Coriander contains natural antihistamines, chilli has antibacterial qualities, ginger and honey are nature's anti-inflammatories and Greek yoghurt just tastes great! A nutritional powerhouse that tickles your taste buds? Just what the doctor ordered!



35 min



family box



gluten free



Courgette



Coriander



Ginger



Basmati Rice



Coriander Seeds



Greek Yoghurt



Honey



Lime



Chicken Breast

Ingredients

	2P	4P
Courgette, diced	-	3 cups
Coriander, chopped	-	5 tbsp
Ginger, diced	-	1½ tbsp
Basmati Rice	-	2 cups
Coriander Seeds	-	½ tsp
Greek Yoghurt 1	-	1 cup
Honey	-	2 tbsp
Lime	-	1
Chicken Breast	-	4

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH: Step for little hands

Allergens

1) Milk

Nutrition per serving: Calories: 534 kcal | Protein: 37 g | Carbs: 85 g | Fat: 6 g | Saturated Fat: 3 g



1 Boil 600ml of water for your rice and pre-heat your oven to 190 degrees. Slice the courgette in half lengthways, then cut each half lengthways into four slices. Dice the courgette into roughly 2cm cubes. Coarsely chop the coriander.



5 Take the ginger in one hand and using the edge of a spoon scrape the skin off. Now just dice up 1½ tbsp of the ginger really finely.



6 Coat the chicken breasts in the yoghurt mix. Cook them on a baking tray on the top shelf of the oven for 15 mins. After 15 mins, turn the grill to high and grill the chicken for 5 mins to brown off the top. You'll know the chicken is cooked when it is no longer pink in the middle.



7 Heat 1 tbsp of olive oil in a large non-stick pan on a medium heat then fry the ginger for 2 mins. Add the rice, a ½ tsp of salt and the 600ml of boiling water. Put a lid on the pan and cook on low heat for 10 mins. Leave off the heat for 10 mins and don't peek under the lid until 20 mins are up.

4 Without oil, place a pan on medium heat and add in the coriander seeds. Cook them for a couple of mins and then thoroughly grind them up with a pestle and mortar. **Tip:** You can use the back of a spoon on your chopping board too.

7 Heat 1 tbsp of oil on high in a non-stick pan. Stir-fry the courgettes for 4 mins. Season them with a pinch of salt, some pepper and the pinch of toasted coriander seeds and fresh coriander you kept back earlier.

8 To serve, simply fluff up your rice using a fork. Top it with your chicken and a side portion of stir fried courgettes. Squeeze over a splash of lime juice.