



Chermoula Baked Chicken Thighs

with Roasted Aubergine, Harissa Rice and Parsley Yoghurt

24

Calorie Smart 30-35 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Garlic Clove



Basmati Rice



Chicken Stock Paste



Aubergine



Chermoula Spice Mix



British Chicken Thighs



Flat Leaf Parsley



Red Chilli



Low Fat Natural Yoghurt



Harissa Paste



British Chicken Breasts

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Garlic press, saucepan, lid, baking tray and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Basmati Rice	100g	150g	200g
Chicken Stock Paste	10g	15g	20g
Aubergine**	1	1½	2
Chermoula Spice Mix	1 sachet	2 sachets	2 sachets
British Chicken Thighs**	3	5	6
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Low Fat Natural Yoghurt**	75g	150g	150g
7)			
Harissa Paste 14)	50g	75g	100g
British Chicken Breasts**	2	3	4
Pantry	2P	3P	4P
Water for the Rice*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	500g	100g	510g	100g
Energy (kJ/kcal)	2650 / 633	530 / 127	2183 / 522	428 / 102
Fat (g)	29.2	5.8	13.1	2.6
Sat. Fat (g)	6.9	1.4	2.2	0.4
Carbohydrate (g)	60.0	12.0	58.8	11.5
Sugars (g)	9.9	2.0	10.1	2.0
Protein (g)	40.8	8.2	48.2	9.5
Salt (g)	2.20	0.44	2.22	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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Cook the Rice

Preheat your oven to 220°C/200°C fan/gas mark 7. Peel and grate the **garlic** (or use a garlic press).

Pop a deep saucepan (with a tight-fitting lid) on medium heat with a drizzle of **oil**.

Once hot, add the **garlic** and cook for 30 secs. Stir in the **rice** until coated, 1 min. Add the **water for the rice** (see pantry for amount) and the **chicken stock paste**. Bring to the boil, then turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Roast the Chicken

Lay the **chicken thighs** onto a baking tray.

Roast on the middle shelf of your oven until browned and cooked through, 16-18 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

CUSTOM RECIPE

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, cook the **chicken**, 5 mins each side. Once browned, lay on a baking tray and roast, 15-20 mins. When cooked, cover with foil and allow to rest for a couple of mins. Serve in the same way in the final step.



Roast the Aubergine

Meanwhile, trim the **aubergine**, then halve lengthways. Slice widthways into 1cm pieces.

Pop the **aubergine** onto a baking tray. Drizzle with **oil**, sprinkle over **half** the **chermoula spice mix** (add less if you'd prefer things milder), season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast the **aubergine** on the top shelf until soft and golden, 18-20 mins. Turn halfway through.



Finishing Touches

While the **chicken** roasts, roughly chop the **parsley** (stalks and all).

Halve the **chilli** lengthways, deseed, then finely chop (see ingredients for amount).

In a small bowl, combine the **yoghurt** and **half** the **parsley**.

When everything's ready, fluff up the **rice** with a fork and stir through the **harissa paste** and remaining **parsley**.



Flavour the Chicken

Meanwhile, in a medium bowl, add the **chicken thighs** and remaining **chermoula spice mix**. Drizzle with **oil**, season with **salt** and **pepper**, then rub to coat. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

CUSTOM RECIPE

If you've chosen **chicken breast** instead, prep the **chicken** in the same way.



Serve

Slice the **roasted chicken** into 1cm thick slices.

Share the **harissa rice** between your bowls.

Top with the **roasted aubergine** and **chicken**.

Drizzle over the **parsley yoghurt**. Sprinkle with the **chilli** to finish (add less if you'd prefer things milder).

Enjoy!