



Chermoula Baked Chicken Thighs with Spiced Aubergine, Harissa Rice and Yoghurt

24

Calorie Smart 35-40 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Garlic Clove



Flat Leaf Parsley



Red Chilli



Aubergine



Harissa Paste



Basmati Rice



Chicken Stock
Paste



Chermoula Spice Mix



Chicken Thigh



Low Fat Natural
Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

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

Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Aubergine**	1	1½	2
Harissa Paste	1 sachet	1½ sachets	2 sachets
Water for the Rice*	200ml	300ml	400ml
Basmati Rice	100g	150g	200g
Chicken Stock Paste	10g	15g	20g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachet
Chicken Thigh**	3	5	6
Low Fat Natural Yoghurt** 7)	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	463g	100g
Energy (kJ/kcal)	2592 /619	559 /134
Fat (g)	27.3	5.9
Sat. Fat (g)	6.6	1.4
Carbohydrate (g)	57.1	12.3
Sugars (g)	12.9	2.8
Protein (g)	37.4	8.1
Salt (g)	1.75	0.38

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk

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, milk, egg, mustard, celery, soya, 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.

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Halve the **chilli** lengthways, deseed, then finely chop (see ingredients for amount).

Trim the **aubergine**, then cut into roughly 1cm pieces.



Marinate the Chicken

Meanwhile, pop the **chicken** into a medium bowl with the remaining **chermoula spice mix** and a **third** of the **yoghurt**. Season with **salt** and **pepper**, then mix to coat.

Lay the **chicken thighs** flat on a lightly oiled baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Discard any **marinade** left in the bowl.

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Cook the Harissa Rice

Heat a drizzle of **oil** in a medium saucepan (with a tight-fitting lid) on medium-high heat.

Once hot, add the **garlic** and **harissa paste**. Stir-fry for 1 min, then pour in the **cold water for the rice** (see ingredients for amount).

Stir in the **rice** and **chicken stock paste** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave the **rice** 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).



Time to Roast

Once the **aubergine** has roasted for about 5 mins, add the **chicken** tray to the middle shelf to roast until browned and cooked through, 16-18 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

When the **rice** is cooked, fluff it up with a fork and stir through **half** the **parsley**.



Bake the Spiced Aubergine

While the **rice** cooks, pop the **aubergine** onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **chermoula spice mix**. Toss to coat, then spread out in a single layer.

When the oven is hot, roast on the top shelf until soft and golden, 20-25 mins. Turn halfway through.



Serve

When everything is ready, share the **harissa rice** between your plates and top with the **roasted aubergine**. Slice the **chicken** into 1cm thick pieces and lay on top.

Sprinkle over the **chilli** (use less if you don't like too much heat) and remaining **parsley**. Drizzle with the remaining **yoghurt** to finish.

Enjoy!