







More Than Food
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Chicken with Honey Infused Greek Yoghurt and Ginger Rice

We love our alternative remedies down at the Fresh Farm. Vivian 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 anti-bacterial properties, 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!



30 mins



healthy



2 of your
5 a day



super
spicy



family box



Courgette (4)



Coriander (1 bunch)



Ginger
(2 tbsp)



Basmati Rice
(350g)



Water (700ml)



Coriander Seeds
(1 tbsp)



Chilli Flakes (¼ tsp)



Greek Yoghurt (2 pots)



Honey
(2 tbsp)



Lime
(1)



Chicken Breast (4)

4 PEOPLE INGREDIENTS

- Courgette, chopped
- Coriander, chopped
- Ginger, grated
- Basmati Rice
- Water
- Coriander Seeds

4
1 bunch
2 tbsp
350g
700ml
1 tbsp

- Chilli Flakes
- Greek Yoghurt
- Honey
- Lime
- Chicken Breast

¼ tsp
2 pots
2 tbsp
1
4

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Dry frying is the best way to prepare coriander seeds as the gentle heat releases the oil in the seeds and thus the flavour!

Allergens: Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	526 kcal / 2223 kJ	10 g	5 g	72 g	18 g	36 g	0 g
Per 100g	92 kcal / 390 kJ	2 g	1 g	13 g	3 g	6 g	0 g

1



1 Boil your kettle and pre-heat your oven to 190 degrees. Remove the top and bottom of the **courgette** and slice in half lengthways, then cut each half lengthways into four slices. Chop your **courgette** into roughly 2cm cubes. Roughly chop the **coriander**.

3



2 Peel and grate the **ginger**. Heat a splash of **olive oil** in a large non-stick pan on medium heat and fry your **ginger** for 2 mins.

3 Add the **rice** to your **ginger** in the pan and a pinch of **salt**. Stir together and add the **boiling water** (amount specified in the ingredient list). 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



4 Place another pan on medium heat without oil and add in the **coriander seeds** and **chilli flakes**. **Tip:** Use less chilli if you don't like your food too spicy! Cook for 2 mins and then thoroughly grind with a pestle and mortar. **Tip:** You can use the back of a spoon on your chopping board too.

5 Mix the **yoghurt** with all but a pinch of your **toasted coriander seed** and **chilli flake** powder. Mix in half your **fresh coriander**, the **honey**, a splash of **olive oil** and a squeeze of the **lime juice**. Add a pinch of **lime zest** then season with a little **salt** and a few grinds of **black pepper**.

6



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

7 Heat a splash of **olive oil** on high heat in the pan you used for your seeds and flakes. Stir-fry your **courgette** for 4 mins. Season with a pinch of **salt** and some **pepper** and the remaining **toasted coriander seeds** and **fresh coriander**.

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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!