



## Green Chilli Chicken Rice

with Lemon Yoghurt



30-40min



2 Portions

Simply blend jalapeno, coriander and garlic to a paste, then add it to chicken, rice and stock, and let time on the stovetop bring it all together. Paired with a light lemony yoghurt, which balances the mild heat and adds a creamy finish, this healthy, nourishing one-pan rice bowl is one the whole family will love.



## What we send

- Greek-style yoghurt <sup>7</sup>
- baby spinach leaves
- jalapeno
- chicken-style stock cube
- garlic
- free-range chicken thigh fillets
- jasmine rice
- coriander
- lemon
- onion

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- boiling water
- olive oil
- sea salt and pepper
- water

## Utensils

- fine grater
- large deep frypan or saucepan with lid
- stick blender/food processor

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

If less heat is preferred, remove the seeds from the chillies. Alternatively, use one chilli in the paste, then thinly slice the remaining chilli and serve at the table for those who like extra heat.

## Allergens

Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 660kcal, Fat 24.4g, Carbs 66.9g, Proteins 37.3g



### 1. Make chilli paste

**Read through the recipe.** Coarsely chop the **jalapenos** (see cooking tip). Crush or coarsely chop the **garlic**. Coarsely chop the **coriander**, including the stems. Using a stick blender, blend the chilli, garlic, coriander, **1 tbs cold water** and **2 tsp olive oil** to a smooth paste. Season with **salt and pepper**.



### 4. Add chilli paste

Return the **chicken** to the pan with the **chilli paste** and stir until well coated. Add the **stock** and bring to the boil. Reduce the heat to medium and cook, covered, for 15 mins or until the rice is almost tender. Remove from the heat and stand, covered, for 5 mins.



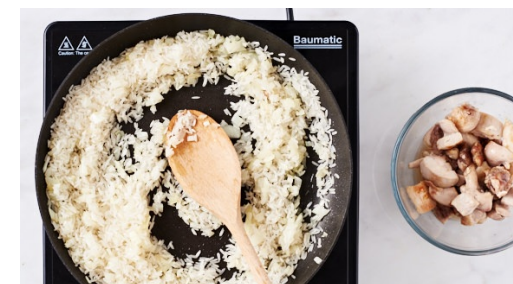
### 2. Prepare ingredients

Finely chop the **onion**. Cut the **chicken** into 2cm chunks. Crumble **1 stock cube\*\*** into a heatproof jug, add **300ml boiling water** and stir to dissolve.



### 5. Make lemon yoghurt

Meanwhile, finely grate the zest of **half the lemon\*\***, then juice the half. Stir the **lemon zest** and **1 tbs juice** into the **yoghurt** and season with **salt and pepper**.



### 3. Brown chicken

Heat **1 tbs olive oil** in a large frypan over high heat. Stir-fry the **chicken** for 5 mins or until golden. Remove from the pan and set aside. Reduce the heat to medium and cook the **onion**, stirring, for 3 mins or until starting to soften. Stir in the **rice** until well coated.



### 6. Get ready to serve

Stir the **spinach** into the **rice** until wilted. Divide the **green chilli chicken rice** among plates and serve with the **lemon yoghurt**.