





**HEALTHY**

## **Green Chilli Chicken** with Freekeh and Lemon Yoghurt

 30-40min  2 Portions

A vibrant paste of chilli, coriander and garlic brings chicken and freekeh together in the most satisfying, and fragrant, of ways. Note that freekeh is made by roasting wheat; the grains will still be a little chewy when fully cooked. Paired with a creamy, lemon- yoghurt sauce to balance the mild heat, this nourishing one-pan dish is bound to be a favourite.

## What we send

- 1
- 7

## What you'll require

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

## Utensils

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

### Cooking tip

Alternatively, you can use just 1 chilli in the paste then thinly slice the remaining chilli and serve it at the table for those who like extra heat.

### Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

### Nutrition per serving

Energy 575kcal, Fat 21.2g, Carbs 52.8g, Proteins 40.8g



### 1. Make chilli paste

Coarsely chop the **chillies**, removing the seeds if less heat is desired (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 and **1 tbs water** until almost smooth.



### 4. Cook freekeh

Return the **chicken** and any resting juices to the pan with the **chilli paste**, **freekeh** and **stock** and stir until well combined. Bring to the boil. Reduce the heat to medium-low and cook, covered, for 25-30 mins, adding 1-2 tbs water if necessary, until the freekeh is almost tender. Taste and season with **salt and pepper**.



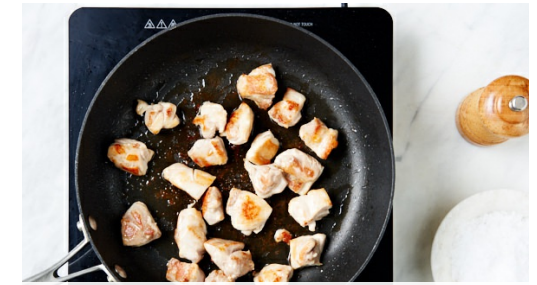
### 2. Prepare ingredients

Finely chop the **onion**. Trim any excess fat from the **chicken** and cut into 2cm chunks. Crumble the **stock cubes** into a heatproof jug, add **375ml (1½ cups) boiling water** and stir to dissolve.



### 5. Make lemon yoghurt

Meanwhile, juice **half the lemon** and cut the remaining half into wedges. Stir **2 tsp juice** into the **yoghurt** and season with **salt and pepper**.



### 3. Brown chicken

Heat **1 tbs olive oil** in a medium deep frypan over high heat. Add the **chicken** and season with **salt and pepper**. Cook, stirring occasionally, for 3-5 mins until golden. Remove from the pan. Reduce the heat to medium and cook the **onion**, stirring, for 3 mins or until starting to soften.



### 6. Get ready to serve

Remove the **freekeh** from the heat, add the **spinach** to the pan and stand, covered, for 2-3 mins. Stir to combine. Taste and season with **salt and pepper**. Divide the **chicken mixture** among plates and serve with the **lemon yoghurt** and **lemon wedges**.