



HEALTHY

Green Chilli Chicken with Freekeh and Lemon Yoghurt

 30-40min  4 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

- 7
- 1

What you'll require

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

Utensils

- large deep frypan or saucepan with lid

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 chillies 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 555kcal, Fat 20.5g, Carbs 51.3g, Proteins 39.9g



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 **2 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 2-3 tbs water if necessary, until the freekeh is almost tender. Taste and season with **salt and pepper**.



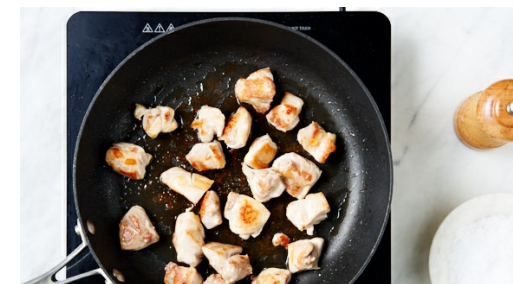
2. Prepare ingredients

Finely chop the **onion**. Trim any excess fat from the **chicken** and cut into 2cm chunks. Crumble 3 **stock cubes** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **675ml (2½ cups) boiling water** and stir to dissolve.



5. Make lemon yoghurt

Meanwhile, juice **half the lemon** and cut the remaining half into wedges. Stir **3 tsp juice** into the **yoghurt** and season with **salt and pepper**.



3. Brown chicken

Heat **2 tbs olive oil** in a large 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**.