

yogurt marinated chicken with zucchini and rice pilaf

Ingredients

- 1 yellow onion
- 2 clove garlic
- 1 zucchini
- 2 chicken breasts
- 1 tsp berbere seasoning
- 5 oz greek yogurt
- 3/4 cup basmati rice
- 1 chicken stock concentrate
- 1 lemon
- 1/4 oz cilantro

Summary

Yield: 2

Prep Time: 30 minutes

Category: Dinner

Cuisine: Middle Eastern

Instructions

Preheat broiler to high or oven to 500 degrees. Halve, peel, and dice onion. Mince garlic. Cut zucchini into 1/2 inch cubes. Combine chicken, berbere, half the yogurt, and a large pinch of salt and pepper in a medium bowl. Turn to thoroughly coat in maranade.

2. Heat a drizzle of olive oil in a medium pot over medium hght heat, add onions and garlic, and toss until softened, 3-4 minutes. add rice and stir. add 1 1/2 cups water, a large pinh of salt, and stock concentrate. bring to a boil, cover, then reduce to low simmer until tender (15 minutes)

3. Broil teh chicken and toss the zucchini: place chicken on one half of a lightly oiled baking sheet. broil until slightly charred, 3-5 minutes. Meanwhile, toss zucchini ina medium bowl with a drizzle fo olive oil and a pinch of salt and pepper

4. bake the chicken and zucchini: remove baking sheet from oven, flip chicken, and reduce heat to 425. spread zucchini on other half of baking sheet. bake until chicken is nolonger pink inside and zucchini is tender, about 12 minutes.

5. make the lemony yogurt meanwhile, zest and halve lemon. stir zest and a squeeze of juice into a small bowl with remaining yogurt. thin with a tbsp or so of water. season with salt and pepper.

6. finish the pilaf and serve: coarsely chop cilantro, and stir half into rice pilaf. serve zucchini and chicken on a bed of rice pilaf. top with a dollop of lemony yogurt and sprinkle of the remaining cilantro.