



Chermoula Chicken & Roast Veggie Toss

with Garlic Yoghurt & Almonds

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Onion



Carrot



Peeled Pumpkin Pieces



Garlic



Greek-Style Yoghurt



Chicken Breast



Chermoula Spice Blend



Baby Leaves



Flaked Almonds



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart

Eat Me Early

Sit back and bathe in the glow of this vibrant dish. The chermoula spices makes the succulent chicken shine and elevates the protein to flavoursome heights whilst also bringing out those beautiful aromas.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
carrot	1	2
peeled pumpkin pieces	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
flaked almonds	1 packet	2 packets
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1715kJ (410Cal)	271kJ (65Cal)
Protein (g)	45.7g	7.2g
Fat, total (g)	9.1g	1.4g
- saturated (g)	2.7g	0.4g
Carbohydrate (g)	38.7g	6.1g
- sugars (g)	16.7g	2.6g
Sodium (mg)	665mg	105mg
Dietary Fibre (g)	12.6g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2538kJ (607Cal)	325kJ (78Cal)
Protein (g)	88.4g	11.3g
Fat, total (g)	12.6g	1.6g
- saturated (g)	3.8g	0.5g
Carbohydrate (g)	37.7g	4.8g
- sugars (g)	17.6g	2.3g
Sodium (mg)	813mg	104mg
Dietary fibre	12.6g	1.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW13



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **onion** (see ingredients) into wedges. Cut **carrot** into thin rounds.
- Place **onion, carrot** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

4



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken**, until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, add the **honey**, then turn **chicken** to coat.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: Cook chicken in batches for best results. Return all chicken to the pan before adding the the honey.

2



Make the garlic yoghurt

- Meanwhile, finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste. Set aside.

5



Bring it all together

- To tray with the **roasted veggies**, add **baby leaves** and a drizzle of **vinegar**.
- Gently toss to combine and season to taste.

3



Flavour the chicken

- Cut **chicken breast** into 2cm strips.
- In a medium bowl, combine **chermoula spice blend, chicken**, a drizzle of **olive oil** and a pinch of **salt**.

Custom Recipe: If you've doubled your chicken breast, flavour in a large bowl.

6



Serve up

- Divide roast veggie toss and Middle Eastern chicken between bowls.
- Dollop over garlic yoghurt. Sprinkle with **flaked almonds** to serve. Enjoy!

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