



Chermoula Chicken & Roast Veggie Toss

with Lemon Yoghurt Dressing & Roasted Almonds

Grab your Meal Kit with this symbol



Kumara



Parsnip



Carrot



Red Onion



Garlic



Roasted Almonds



Chermoula Spice Blend



Yoghurt



Chicken Thigh



Lemon



Parsley




Baby Spinach Leaves



Currants

 Hands-on: **20-30 mins**
Ready in: **35-45 mins**

 Eat me early

Who doesn't like a bit of char on their chicken? This one gets a generous coating of our punchy chermoula spice blend before it crisps up in the pan until golden. Finish it off with a bed of roasted veggies and a sprinkling of crunchy almonds for an outstanding pairing of flavours.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
kumara	1 (medium)	1 (large)
parsnip	1	2
carrot	1	2
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
roasted almonds	1 packet	2 packets
chermoula spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
yoghurt	1 small packet	1 large packet
chicken thigh	1 packet	1 packet
lemon	½	1
parsley	1 bunch	1 bunch
baby spinach leaves	1 bag (60g)	1 bag (120g)
water*	1 tsp	2 tsp
currants	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2400kJ (573Cal)	425kJ (101Cal)
Protein (g)	41.4g	7.3g
Fat, total (g)	23.4g	4.1g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	43.4g	7.7g
- sugars (g)	28.0g	5.0g
Sodium (mg)	780mg	138mg

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.



1. Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** and **parsnip** (both unpeeled) into 1cm chunks. Slice the **carrot** (unpeeled) into 1cm half-moons. Slice the **red onion** into 2cm wedges.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



2. Roast the veggies

Place the **veggies**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, separate across two trays.



3. Flavour the chicken

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Roughly chop the **roasted almonds**. In a medium bowl, combine the **chermoula spice blend**, the **salt**, **garlic**, **1/2 the yoghurt** and a **pinch of pepper**. Add the **chicken thigh** and toss to coat.



4. Cook the chicken

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **chicken** and cook, turning occasionally, until browned and cooked through, **10-14 minutes**.

TIP: Don't worry if the yoghurt chars in the pan, this just adds more flavour!



5. Make the yoghurt dressing

While the chicken is cooking, zest the **lemon** to get a **generous pinch**, then slice into wedges. Roughly chop the **parsley** leaves. Roughly chop the **baby spinach leaves**. In a small bowl, combine the **lemon zest**, **remaining yoghurt**, the **water** and a **pinch of salt** and **pepper**. In a large bowl, add the **baby spinach**, **currants** and roasted **veggies**. Toss to combine.



6. Serve up

Thickly slice the chicken. Divide the roast veggie toss between plates. Top with the chermoula chicken and drizzle over the lemon yoghurt. Sprinkle with the roasted almonds and garnish with the parsley. Serve with any remaining lemon wedges.

Enjoy!