



DUKKAH-CRUSTED CHICKEN

with Rainbow Roast Veggie Toss & Toasted Pepitas



Crust chicken with dukkah



Peeled Pumpkin



Beetroot



Red Onion



Chicken Breast



Dukkah



Pepitas



Baby Spinach Leaves



Fetta

Hands-on: **25 mins**
Ready in: **40 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Low calorie

If we've said it once, we've said it a thousand times: you gotta eat the rainbow! Not only does it make your plate look beautiful, but it indicates plenty of superfood, nutrient packed ingredients too. This dish has packed it all in.

Pantry Staples: Olive Oil, Honey, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, rubber gloves (optional), oven tray** lined with **baking paper, two medium bowls, tongs** and **medium frying pan**.



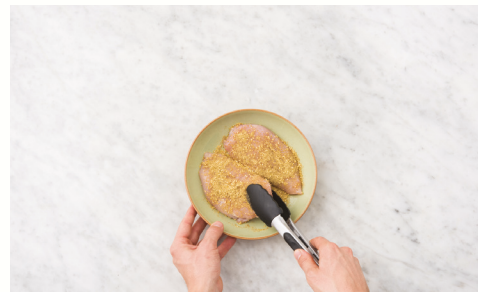
1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Chop the **peeled pumpkin** into 2 cm cubes. Chop the **beetroot** (unpeeled) into 1 cm cubes. **TIP:** *To prevent stained fingers, pop on some gloves!* Slice the **red onion** into 2 cm wedges. **TIP:** *Chopping the veggies to the correct size ensures they cook in the allocated time.*



2 ROAST THE VEGGIES

Place the **pumpkin, beetroot** and **red onion** on the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **generous pinch** of **salt** and **pepper**. Toss to coat and place in the oven to cook for **25-30 minutes**, or until the vegetables are tender. **TIP:** *Beetroot is still quite firm even when cooked. It's done when it is just tender and can be pierced with a fork.*



3 COAT THE CHICKEN

While the vegetables are cooking, place the **chicken breast** in a medium bowl and add the **dukkah (use suggested amount)** and a **pinch of salt** and **pepper**. **Drizzle** with **olive oil** and toss to coat.



4 COOK THE CHICKEN

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium heat. Add the **chicken breast** and cook for **2 minutes** on each side, or until lightly golden. In the last **10 minutes** of vegetable cooking time, transfer the chicken to the oven tray with the veggies (on the side or directly on top of the veggies) and sprinkle over the **pepitas**. Return the tray to the oven and bake for **6-10 minutes**, or until the chicken is cooked through. **TIP:** *Chicken cook times will vary depending on the thickness of the fillet. Set aside to rest for a few minutes. Thickly slice.*



5 TOSS THE VEGGIES

Transfer the roasted veggies and pepitas to a medium bowl. Add the **baby spinach leaves, olive oil (1 tbs for 2 people / 2 tbs for 4 people), honey** and the **balsamic vinegar** and crumble in the **fetta**. Toss to combine.



6 SERVE UP

Divide the dukkah-crusted chicken and the roast veggie toss between plates.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet	1 packet
beetroot	1	2
red onion	1	2
chicken breast	1 packet	1 packet
dukkah	1½ sachets (¼ cup)	3 sachets (½ cup)
pepitas	1 packet	2 packets
baby spinach leaves	1 bag	1 bag
honey*	½ tsp	1 tsp
balsamic vinegar*	2 tsp	1 tbs
fetta	1 block (50 g)	1 block (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2300kJ (550Cal)	402kJ (96Cal)
Protein (g)	50.4g	8.8g
Fat, total (g)	25.2g	4.4g
- saturated (g)	5.4g	0.9g
Carbohydrate (g)	27.8g	4.9g
- sugars (g)	20.1g	3.5g
Sodium (g)	664mg	116mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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