



Sticky Apricot Chicken & Roast Veggie Salad

with Yoghurt & Toasted Almonds

Grab your Meal Kit
with this symbol



Parsnip



Potato



Carrot



Red Onion



Peeled & Chopped
Pumpkin



Chicken Breast



Ras El Hanout



Flaked Almonds



Apricot Sauce



Greek-Style
Yoghurt



Baby Spinach
Leaves



Hands-on: **30-40 mins**
Ready in: **35-45 mins**



Low Calorie



Eat me early

For tonight's dinner, we've enlisted the help of a lively glaze made with apricot sauce, soy sauce and brown sugar: it coats each bite of tender chicken breast in sticky stone-fruit sweetness and even tastes great drizzled over the robust roast veggie salad. Go for your life!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar,
White Wine Vinegar

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
parsnip	1	2
potato	1	2
carrot	1	2
red onion	1 (medium)	1 (large)
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
chicken breast	1 packet	1 packet
ras el hanout	½ sachet	1 sachet
salt*	¼ tsp	½ tsp
flaked almonds	1 packet	2 packets
apricot sauce	2 sachets (60g)	4 sachets (120g)
soy sauce*	1 tsp	2 tsp
brown sugar*	2 tsp	1 tbs
water* (for the sauce)	1 tbs	2 tbs
white wine vinegar*	½ tbs	1 tbs
Greek-style yoghurt	½ medium packet	1 medium packet
water* (for the dressing)	1 tsp	2 tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2247kJ (537Cal)	339kJ (81Cal)
Protein (g)	39.3g	5.9g
Fat, total (g)	18.3g	2.8g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	54.7g	8.3g
- sugars (g)	27.6g	4.2g
Sodium (mg)	610mg	92mg

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.

1



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **parsnip** and **potato** (both unpeeled) into 2cm chunks. Cut the **carrot** into 1cm half-moons. Slice the **red onion** into 2cm wedges. Place the **veggies** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**, then set aside to cool slightly.

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

TIP: If your oven tray is crowded, divide between two trays.

4



Make the sauces

While the chicken is cooking, combine the **apricot sauce**, **soy sauce**, **brown sugar**, **water (for the sauce)** and **white wine vinegar** in a small bowl. In a second small bowl, combine the **Greek-style yoghurt** (see ingredients) and a splash of **water**, then season with **salt** and **pepper**. Set aside.

2



Flavour the chicken

While the veggies are roasting, place your hand flat on top of each **chicken breast** and use a knife to slice through horizontally to make two thin steaks. Combine the **ras el hanout** (see ingredients) and the **salt** in a large bowl. Add the **chicken breast** and toss to coat.

5



Bring it all together

When the chicken is cooked, remove the pan from the heat, then add the **apricot glaze** and turn the **chicken** to coat. When the **veggies** are done, add the **baby spinach leaves** to the tray and gently toss to combine. Season to taste.

3

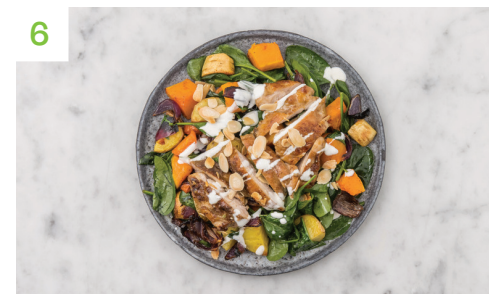


Cook the chicken

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** each side (depending on thickness).

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

6



Serve up

Slice the sticky apricot chicken. Divide the roast veggie salad between plates. Top with the chicken and any remaining glaze. Drizzle over the yoghurt. Sprinkle with the toasted almonds.

Enjoy!