

Chermoula Chicken & Roast Veggie Toss














with Lemon Yoghurt Dressing & Flaked Almonds

NEW


Grab your meal kit with this number

42



-  Sweet Potato
-  Zucchini
-  Beetroot
-  Red Onion
-  Garlic
-  Chermoula Spice Blend
-  Greek-Style Yoghurt
-  Chicken Thigh
-  Lemon
-  Baby Spinach Leaves
-  Currants
-  Flaked Almonds
-  Chicken Thigh
-  Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins

 Calorie Reduced

 Eat Me Early

A colourful roasted veggie spread is on the menu tonight. With the likes of beetroot, sweet potato, zucchini and red onion, you'll have the perfect base for chermoula-spiced chicken to lay.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
sweet potato	1	2
zucchini	1	2
beetroot	1	2
red onion	1	2
garlic	2 cloves	4 cloves
chermoula spice blend	1 medium sachet	1 large sachet
salt*	¼ tsp	½ tsp
Greek-style yoghurt	1 medium packet	1 large packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
lemon	½	1
baby spinach leaves	1 medium packet	1 large packet
water*	1 tsp	2 tsp
currants	1 medium sachet	2 medium sachets
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1971kJ (471Cal)	276kJ (66Cal)
Protein (g)	43g	6g
Fat, total (g)	14.1g	2g
- saturated (g)	3.9g	0.5g
Carbohydrate (g)	41.8g	5.9g
- sugars (g)	30.4g	4.3g
Sodium (mg)	928mg	130mg
Dietary Fibre (g)	15.4g	2.2g

The quantities provided above are averages only.

Allergens

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

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



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato, zucchini** and **beetroot** into 1cm chunks.
- Slice **red onion** into 2cm wedges.



Cook the chicken

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken**, turning occasionally, until browned and cooked through, **14-16 minutes**.

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



Roast the veggies

- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, then roast until tender, **20-25 minutes**.

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



Make the yoghurt dressing

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

TIP: Toss the veggies on the tray to save on washing up!



Flavour the chicken

- While the veggies are roasting, finely chop **garlic**.
- In a medium bowl, combine **chermoula spice blend**, the **salt, garlic**, half the **Greek-style yoghurt** and a drizzle of water.
- Season with **pepper**, then add **chicken thigh** and toss to coat.



Serve up

- Slice the chermoula chicken.
- Divide the roast veggie toss between plates. Top with chermoula chicken and drizzle over the lemon yoghurt.
- Sprinkle with **flaked almonds**. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

