














Dukkah Chicken & Fetta

with Roast Vegetable Medley

Grab your Meal Kit with this symbol



- | | |
|---|---|
| 
Sweet Potato | 
Capsicum |
| 
Red Onion | 
Garlic |
| 
Parsley | 
Lemon |
| 
Dukkah | 
Chicken Breast |
| 
Baby Spinach Leaves | 
Fetta |
| 
Dill & Parsley Mayonnaise | |

-  Hands-on: **20-30 mins**
Ready in: **40-50 mins**
-  Naturally gluten-free
Not suitable for Coeliacs
-  Eat me early
-  Low Calorie

A feast for the eyes and the tastebuds, this colourful confetti of roasted vegetables is sure to put you in a good mood. Such a delicious concoction needs an equally bold buddy, and what better than the fragrant dukkah spice blend to really spice up the party?

Pantry items
Olive Oil, Plain Flour (or Gluten-Free Plain Flour)

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

Two oven trays lined with baking paper
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
capsicum	1	2
red onion	1	2
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
lemon	½	1
plain flour* (or gluten-free plain flour)	2 tsp	1 tbs
dukkah	1½ sachets	3 sachets
chicken breast	1 packet	1 packet
baby spinach leaves	1 bag (60g)	1 bag (120g)
fetta	1 block (25g)	1 block (50g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2150kJ (513Cal)	409kJ (98Cal)
Protein (g)	49.6g	9.5g
Fat, total (g)	21.3g	4.1g
- saturated (g)	5.8g	1.1g
Carbohydrate (g)	27.0g	5.1g
- sugars (g)	13.6g	2.6g
Sodium (g)	992mg	189mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **capsicum** into 2cm chunks. Cut the **red onion** into 1cm wedges. Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley** leaves. Slice the **lemon** (see ingredients list) into wedges.

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



2. Roast the veggies

Place the **sweet potato**, **capsicum**, **onion** and **garlic** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until tender, **25-30 minutes**.



3. Coat the chicken

While the veggies are roasting, combine the **plain flour** and **dukkah** (see ingredients list) on a plate. Rub a **drizzle** of **olive oil** over the **chicken breast**, then turn to coat in the dukkah mixture. In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **chicken** and cook until golden, **2 minutes** each side. Transfer to a second oven tray lined with baking paper.



4. Bake the chicken

When the veggies have **15 minutes** cook time remaining, bake the **chicken** until cooked through, **6-10 minutes** (depending on thickness). Transfer to a plate and set aside to rest for **5 minutes**.

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



5. Make the roast veggie medley

In a medium bowl, combine the roasted **veggies**, **baby spinach leaves**, **parsley** and **1/2 the fetta**.



6. Serve up

Divide the dukkah chicken and roast vegetable medley between plates. Crumble the remaining fetta over the roast veggies. Serve with the **dill & parsley mayonnaise** and lemon wedges.

TIP: For the low-calorie option, omit the dill & parsley mayonnaise.

Enjoy!