# **Dukkah Chicken & Fetta**

with Roast Vegetable Medley







**Sweet Potato** 









Parsley





Lemon

Dukkah

**Chicken Breast** 





Baby Spinach Leaves

Fetta



Dill & Parsley



Mayonnaise



Hands-on: 20-30 mins Ready in: 40-50 mins

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   | 1/2               | 1                      |
| plain flour*<br>(or gluten-free<br>plain flour) | 2 tsp             | 1 tbs                  |
| dukkah  | 1½ sachets        | 3 sachets              |
| chicken breast                                  | 1 packet          | 1 packet               |
| baby spinach<br>leaves                          | 1 bag<br>(60g)    | 1 bag<br>(120g)        |
| fetta   | 1 block<br>(25g)  | 1 block<br>(50g)       |
| dill & parsley<br>mayonnaise                    | 1 packet<br>(50g) | <b>1 packet</b> (100g) |

<sup>\*</sup>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 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.



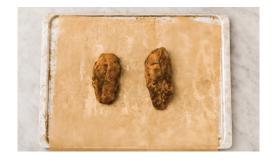
## 2. Roast the veggies

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!**