

Moroccan Chicken & Roast Veggie Toss

with Fetta & Garlic Sauce

DIETITIAN APPROVED

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Beetroot



Ras El Hanout



Baby Spinach Leaves



Chicken Breast



Fetta Cubes



Garlic Sauce



Haloumi

Prep in: 20-30 mins
Ready in: 40-50 mins

Calorie Smart

Eat Me Early

A feast for the eyes and the tastebuds, this colourful confetti of roasted veggies is sure to put you in a good mood... especially when topped with juicy, ras el hanout coated chicken breast. Tie the components together with crumbled feta for a little saltiness and tang, plus our garlic sauce for creaminess.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, 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
sweet potato	2	4
carrot	1	2
beetroot	1	2
chicken breast	1 small packet	1 large packet
ras el hanout	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
fetta cubes	1 medium packet	1 large packet
garlic sauce	1 medium packet	2 medium packets
haloumi	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2282kJ (545Cal)	363kJ (87Cal)
Protein (g)	43.5g	6.9g
Fat, total (g)	20.3g	3.2g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	46.7g	7.4g
- sugars (g)	28g	4.5g
Sodium (mg)	698mg	111mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2674kJ (639Cal)	483kJ (115Cal)
Protein (g)	27.3g	4.9g
Fat, total (g)	37.9g	6.8g
- saturated (g)	17.5g	3.2g
Carbohydrate (g)	47.9g	8.6g
- sugars (g)	29g	5.2g
Sodium (mg)	1645mg	297mg

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato, carrot** and **beetroot** into 1cm chunks.

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

Custom Recipe: If you've swapped to haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken** until cooked through (when no longer pink inside), **3-6 minutes** each side.
- Remove from the heat, add the **honey** to the pan and toss to coat. Transfer to a plate and set aside.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side. Remove from heat and coat in the honey as above.



Roast the veggies

- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Toss the veggies

- To the roast veggie tray, add **baby spinach leaves** and a drizzle of **white wine vinegar**.
- Season to taste. Toss to coat.



Prep the chicken

- Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **ras el hanout** and a drizzle of **olive oil**. Add **chicken breast**, turn to coat.

Custom Recipe: Drain haloumi and pat dry. Combine haloumi with spice blend as above.



Serve up

- Divide roast veggie toss between bowls.
- Top with ras el hanout chicken, then crumble over **fetta cubes**.
- Serve with **garlic sauce**. Enjoy!

Little cooks: Add the finishing touch by dolloping over the **garlic sauce**!

Rate your recipe

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