



Dukkah-Crusted Chicken

with Rainbow Roast Veggie Toss

Grab your Meal Kit with this symbol



Butternut Pumpkin



Red Onion



Beetroot



Dukkah



Chicken Breast



Pepitas



Baby Spinach Leaves



Fetta



Hands-on: **25-35** mins
Ready in: **40-50** mins



Low Calorie



Eat me early



Naturally gluten-free
Not suitable for Coeliacs

If we've said it once, we've said it a thousand times: you gotta eat the rainbow! Not only does it make your plate look beautiful, but it indicates plenty of nutrient-packed ingredients too.

Pantry items

Olive Oil, Honey, Balsamic 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

Two oven trays lined with baking paper
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
red onion	1	2
beetroot	1	2
dukkah	1½ sachets	3 sachets
chicken breast	1 small packet	1 large packet
pepitas	1 sachet	2 sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)
honey*	½ tsp	1 tsp
balsamic vinegar*	2 tsp	1 tbs
fetta	1 block (25g)	1 block (50g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2301kJ (549Cal)	333kJ (79Cal)
Protein (g)	44g	6.4g
Fat, total (g)	23.2g	3.4g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	35.2g	5.1g
- sugars (g)	29.8g	4.3g
Sodium (mg)	904mg	131mg

Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Halve the **butternut pumpkin** to remove the seeds, then cut into 2cm chunks. Slice the **red onion** into 2cm wedges. Chop the **beetroot** (unpeeled) into 1cm chunks.

TIP: To prevent beetroot stained fingers, pop on some gloves!

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



2. Roast the veggies

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

TIP: Beetroot is still quite firm even when cooked. It's done when it is just tender and can be pierced with a fork.

TIP: If the veggies don't fit in a single layer, spread across two trays!



3. Coat the chicken

While the veggies are roasting, place the **dukkah** (see ingredients list) on a plate. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. **Drizzle** the **chicken breast** generously with **olive oil**. Place the **chicken** on the **dukkah** and turn to coat, lightly pressing to help it stick.



4. Cook the chicken

Heat a large frying pan over a medium-high heat. Add the **pepitas** and toast until golden, **3-4 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat. Add the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness).

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



5. Toss the veggies

Transfer the **roasted veggies** to a medium bowl. Add the **baby spinach leaves**, a **good drizzle** of **olive oil, honey** and **balsamic vinegar**. Toss to combine.



6. Serve up

Slice the dukkah-crusted chicken. Divide the chicken and the roast veggie toss between plates. Crumble the **fetta** over the top and scatter over the toasted pepitas.

TIP: For the low-calorie option, omit the pepitas and fetta.

Enjoy!