

Dukkah Chicken & Creamy Tahini Dressing

with Roast Veggie Freekeh

Grab your Meal Kit with this symbol



Garlic



Freekeh



Chicken Stock



Cauliflower



Carrot



Zucchini



Brown Onion



Baby Spinach Leaves



Chicken Breast



Dukkah




Parsley



Tahini

 Hands-on: 20-30 mins
Ready in: 45-55 mins

 Calorie Smart

 Eat me early

Get your freekeh on with this tasty grain bowl packed with a medley of roasted veggies and herby dukkah chicken. Top it off with a creamy tahini dressing to make this nutritionally balanced meal a flavour sensation.

Pantry items

Olive Oil, 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

Medium saucepan · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
freekeh	1 packet	2 packets
water*	4 cups	8 cups
chicken stock	1 cube	2 cubes
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
zucchini	1	2
brown onion	1	2
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
chicken breast	1 small packet	1 large packet
dukkah	1 sachet	2 sachets
white wine vinegar*	1½ tsp	3 tsp
parsley	1 bag	1 bag
tahini	1 tub	2 tubs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2173kJ (519Cal)	396kJ (94Cal)
Protein (g)	18.8g	3.4g
Fat, total (g)	26.3g	4.8g
- saturated (g)	8.9g	1.6g
Carbohydrate (g)	44.4g	8.1g
- sugars (g)	17.8g	3.2g
Sodium (mg)	1563mg	285mg

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.



Cook the freekeh

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic**. Rinse the **freekeh**. In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Add the **freekeh** and **garlic** and toast until fragrant, **2 minutes**. Add the **water** and crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people). Bring to the boil then reduce to a simmer and cook until tender, **30-35 minutes**. Drain and return to the saucepan.

TIP: Add a splash of water if the freekeh looks dry. It's ready when it has softened but still retains some bite.



Roast the veggies

While the freekeh is cooking, cut the **cauliflower** into small florets. Cut the **carrot** (unpeeled) and **zucchini** into 1cm half-moons. Cut the **brown onion** into 2cm wedges. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

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



Flavour the chicken

While the veggies are roasting, roughly chop the **baby spinach leaves**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a large bowl, combine the **chicken** and **dukkah**.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Remove from the heat and set aside to rest.

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



Bring it all together

Add the roast **veggies**, **baby spinach**, **white wine vinegar** and a drizzle of **olive oil** to the **freekeh**. Season with **salt** and **pepper** and toss to combine.



Serve up

Roughly chop the **parsley** leaves. Slice the **dukkah** chicken. Divide the roast veggie freekeh between bowls. Top with the chicken and any resting juices. Drizzle over the **tahini**. Garnish with parsley to serve.

Enjoy!