



DUKKAH CHICKEN

with Roast Vegetable-Fetta Medley



Crust chicken
with dukkah



Sweet Potato



Zucchini



Red Onion



Red Capsicum



Parsley



Lemon



Free-Range Chicken
Breast



Dukkah



Fetta Cheese

Pantry Staples: Olive Oil

Hands-on: **15 mins**
Ready in: **30 mins**

1 Eat me early

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 liven up the party?

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, oven tray** lined with **baking paper, large frying pan, tongs, medium bowl** and a **wooden spoon**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** (unpeeled) into 1 cm chunks. **TIP:** *Chopping the sweet potato small speeds up the cooking time.* Chop the **zucchini** into 2 cm chunks. Slice the **red onion** into 1 cm thick wedges. Cut the **red capsicum** into 2 cm chunks. Pick the **parsley** leaves. Slice the **lemon** into wedges.



2 ROAST THE VEGGIES

Place the **sweet potato, zucchini, red onion** and **red capsicum** on the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch of salt and pepper**. Toss to coat and place in the oven to cook for **20 minutes**, or until the vegetables are tender and golden.



3 CRUST THE CHICKEN

While the veggies are roasting, place the **free-range chicken breast** and the **dukkah** in a medium bowl and toss until the chicken is lightly coated. Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the dukkah crusted chicken and cook for **2 minutes** on each side, or until golden (the chicken will finish cooking in step 4).



4 BAKE THE CHICKEN

In the **last 10-12 minutes** of vegetable cooking time, transfer the **chicken breast** onto the tray with the veggies and place in the oven to cook through. **TIP:** *The chicken is cooked when it is no longer pink inside.* **TIP:** *If the chicken doesn't fit on the oven tray, place on a second oven tray lined with baking paper.*



5 FINISH THE VEGGIES

Remove the veggies and the chicken from the oven. Transfer the **roasted veggies** into a medium bowl, crumble in the **fetta** and add the **parsley**. Toss to combine.



6 SERVE UP

Divide the dukkah chicken and the roast vegetable-fetta medley between plates. Serve the lemon wedges on the side to squeeze over just prior to serving.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	200 g	400 g
zucchini	1	2
red onion	1	2
red capsicum	1	2
parsley	1 bunch	1 bunch
lemon	½	1
free-range chicken breast	1 packet	1 packet
dukkah	1 sachet (2 tbs)	2 sachets (4 tbs)
fetta	½ block (25 g)	1 block (50 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (547Cal)	373kJ (89Cal)
Protein (g)	48.5g	7.9g
Fat, total (g)	25.9g	4.2g
- saturated (g)	6.5g	1.1g
Carbohydrate (g)	26.1g	4.3g
- sugars (g)	15.2g	2.5g
Sodium (g)	605mg	99mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2017 | WK47 | C