

## Harissa Halloween Chicken with Smashed Pumpkin

Happy Harissa Halloween! This auspicious spicy chicken breast will clear any cobwebs from your tastebuds – it's monstrously good. Smashing pumpkin is backed up by its accomplices; zesty citrus, fresh parsley and cool yoghurt. You'll be cheering for this scrumptious, spicy superstar all the way to the final bite.



Prep: 10 mins Cook: 35 mins Total: 45 mins



level 1



spicy



eat me first

## **Pantry Items**





Pumpkin





Chicken Breast







Chickpeas







Greek Yoghurt

2P	4P	Ingredients	
1/2	1	pumpkin, skin removed & roughly chopped	
1 tbs	2 tbs	olive oil *	
2 tsp	1 tbs	harissa paste (caution: spicy)	
2 fillets	4 fillets	free range chicken breast, halved lengthways	
1/2	1	red onion, finely chopped	1
1 clove	2 cloves	garlic, peeled & crushed	#
½ sachet	1 sachet	cumin	
1 tin	2 tins	chickpeas, drained & rinsed	
1/2	1	lemon, juiced	<b>#</b>
½ bunch	1 bunch	parsley, finely chopped	#
1 tub	2 tubs	Greek yoghurt	

Ingredient features in another recipe

Pantry Items

Pre-preparation

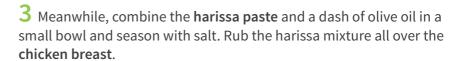
- 1		tri	TI.	$\cap$ r	<b>า</b>	n	٥r	c	Δ	r۱.	,,
- 11	٧u	u i	w	vı		יש	CI.	-	┖	ıν	/ 5

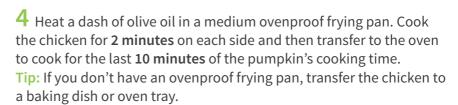
Energy	2260	Kj
Protein	49.6	g
Fat, total	22.4	g
-saturated	5.7	g
Carbohydrate	29.9	g
-sugars	14.8	g
Sodium	164	mσ

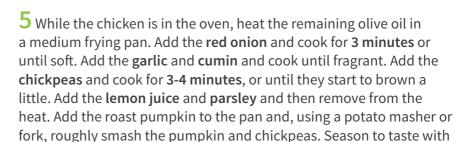


You will need: chef's knife, chopping board, garlic crusher, sieve, oven tray lined with baking paper, tongs, small bowl, medium ovenproof frying pan, medium frying pan and potato masher or fork.

- Preheat the oven to 200°C/180°C fan-forced.
- 2 Toss the **pumpkin** in half of the **olive oil** and season with **salt** and **pepper**. Spread out on the prepared oven tray. Cook in the oven for **30 minutes**, or until tender, turning halfway through.







To serve, divide the harissa chicken and chickpea smash between plates. Dollop with the **Greek yoghurt**.







salt and pepper.