

# Chermoula Chicken & Crouton Salad

with Roasted Pumpkin, Almonds & Garlic Aioli

SUMMER SALADS

Grab your Meal Kit with this symbol



Onion



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Wholemeal Panini



Flaked Almonds



Chicken Breast



Chermoula Spice Blend



Mixed Salad Leaves



Garlic Aioli



Beef Rump

Prep in: 15-25 mins  
Ready in: 25-35 mins

 Calorie Smart

 Eat Me Early

Who doesn't like a bit of char on their chicken? This one gets a generous coating of our punchy chermoula spice blend before it crisps up in the pan until golden. Finish it off with a bowl of roasted veggies and crunchy croutons for an outstanding pairing of flavours.

**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

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	½	1
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
garlic & herb seasoning	1 medium packet	1 large packet
wholemeal panini	1	2
flaked almonds	1 packet	2 packets
chicken breast	1 small packet	2 small packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	1 tsp	2 tsp
mixed salad leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2428kJ (580Cal)	533kJ (127Cal)
Protein (g)	43.4g	9.5g
Fat, total (g)	25.7g	5.6g
- saturated (g)	4.1g	0.9g
Carbohydrate (g)	42.5g	9.3g
- sugars (g)	12.1g	2.7g
Sodium (mg)	1256mg	276mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2497kJ (597Cal)	561kJ (134Cal)
Protein (g)	42.2g	9.5g
Fat, total (g)	28g	6.3g
- saturated (g)	6.5g	1.5g
Carbohydrate (g)	41.7g	9.4g
- sugars (g)	12g	2.7g
Sodium (mg)	1231mg	277mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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



1



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **onion** (see ingredients) into wedges. Place **peeled pumpkin pieces** and **onion** on a lined oven tray.
- Add **garlic & herb seasoning**, a pinch of **salt** and a drizzle of **olive oil**. Toss to combine.
- Spread out evenly, then roast until tender, **12-15 minutes**.

3



## Cook the chicken

- Meanwhile, cut **chicken breast** into 2cm strips. In a medium bowl, combine **chermoula spice blend** and a drizzle of **olive oil**. Add **chicken strips** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned and cooked through, **3-4 minutes** each side.
- Remove pan from heat, add the **honey** and toss to combine.

**TIP:** The chicken is cooked when it is no longer pink inside.

**Custom Recipe:** If you've upgraded your chicken breast to beef rump, place beef between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened. Flavour beef in the same way as above. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Remove from heat, add the honey and toss to coat. Transfer to a plate to rest.

2



## Bake the croutons & almonds

- Cut or tear **wholemeal panini** into bite-sized chunks.
- Place on a second lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Add **flaked almonds** to the side of the tray.
- Bake until golden, **5-7 minutes**.

4



## Serve up

- In a large bowl, combine **mixed salad leaves**, roasted veggies, croutons and a drizzle of **white wine vinegar** and olive oil.
- Divide crouton salad between bowls. Top with chermoula chicken and toasted almonds.
- Drizzle **garlic aioli** over to serve. Enjoy!

**Custom Recipe:** Slice beef rump into strips.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)