

with Roasted Pumpkin, Almonds & Garlic Aioli

SUMMER SALADS













Garlic & Herb



Seasoning





Flaked Almonds

Chicken Breast





Chermoula Spice Blend

Mixed Salad Leaves

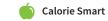


Garlic Aioli





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



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.



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  $\cdot$  Large frying pan

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1/2	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
honey*	1 tsp	2 tsp
mixed salad leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

<sup>\*</sup>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 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







# 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.



## 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.



### 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.



# 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.

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate