

# Middle Eastern Chicken & Homemade Hummus

with Veggie Fries & Tomato Salad

SKILL UP

NEW























Tahini



Chicken Breast



Chermoula Spice



Leaves

Blend



Turkish Sumac Seasoning

Chicken Breast

Prep in: 20-30 mins Ready in: 35-45 mins



Time to unleash your inner chef! Tonight we're making a warm, chunky hummus, with every spoonful acting as a delicious testament to authentic Middle Eastern cuisine. Rich, creamy, and so easy to pull together, this hummus acts as the perfect accompaniment to juicy chermoula-spiced chicken and colourful veggie fries, marrying ancient flavours with fresh flair.

**Pantry items** Olive Oil, Honey

### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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

#### You will need

Oven tray lined with baking paper  $\cdot$  Medium saucepan  $\cdot$  Large frying pan

## Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
carrot	1	2		
tomato	1	2		
lemon	1/2	1		
garlic	2 cloves	4 cloves		
chickpeas	1 tin	2 tins		
tahini	1 medium packet	1 large packet		
chicken breast	1 medium packet	2 medium packets OR 1 large packet		
chermoula spice blend	1 medium sachet	1 large sachet		
honey*	1 tsp	2 tsp		
mixed salad leaves	1 small packet	1 medium packet		
Turkish sumac seasoning	½ sachet	1 sachet		
chicken breast**	1 medium packet	2 medium packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2745kJ (656Cal)	366kJ (87Cal)
Protein (g)	61.7g	8.2g
Fat, total (g)	10.7g	1.4g
- saturated (g)	2.2g	0.3g
Carbohydrate (g)	66.9g	8.9g
- sugars (g)	7.5g	1g
Sodium (mg)	1194mg	159mg
Dietary Fibre (g)	25.9g	3.4g
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3516kJ</b> (840Cal)	<b>379kJ</b> (91Cal)
Protein (g)	100.7g	10.8g
Fat, total (g)	14g	1.5g
- saturated (g)	3.2g	0.3g
Carbohydrate (g)	67.9g	7.3g
- sugars (g)	7.6g	0.8g
Sodium (mg)	1329mg	143mg
Dietary fibre	25.9g	2.8g

The quantities provided above are averages only.

### **Allergens**

2024 | CW22

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





## Bake the veggie fries

- Preheat oven to 240°C/220°C fan-forced. Boil the kettle. Cut potato and carrot into fries.
- Place veggies on a lined tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then bake until tender, 20-25 minutes.



## Get prepped

- Meanwhile, cut tomato into thin wedges. Slice lemon into wedges. Peel garlic cloves.
- Drain chickpeas.



## Make the chunky hummus

- Half-fill a medium saucepan with boiling water.
- Cook chickpeas and garlic cloves in the boiling water, over high heat, until softened, 7-8 minutes.
- Drain, then return to saucepan. Add tahini, a generous squeeze of lemon juice, a drizzle of olive oil and a splash of water.
- Season generously with salt and pepper, then mash until smooth.

**TIP:** Use a food processor for a smoother hummus!



### Cook the chicken

- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! In a medium bowl, combine chicken, chermoula spice blend and a drizzle of olive oil.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, add the honey and turn to coat.

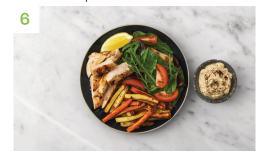
**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** If you've doubled your chicken breast, follow instructions as above.



## Toss the salad

 Meanwhile, in a medium bowl combine mixed salad leaves, tomato, a squeeze of lemon juice and a drizzle of olive oil. Season to taste.



## Serve up

- · Slice chicken steaks.
- Divide Middle Eastern chicken, veggie fries and salad between plates.
- Serve with homemade hummus and sprinkle over Turkish sumac seasoning (see ingredients). Enjoy!

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