

# Middle Eastern Chicken & Homemade Hummus

with Veggie Fries & Tomato Salad

SKILL UP

NEW

Grab your Meal Kit with this symbol



Potato



Carrot



Tomato



Lemon



Garlic



Chickpeas



Tahini



Chicken Breast



Chermoula Spice Blend



Mixed Salad Leaves




Turkish Sumac Seasoning



Chicken Breast

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

 Eat Me Early

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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 · Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
tomato	1	2
lemon	½	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
<b>honey*</b>	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

\*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)	3516kJ (840Cal)	379kJ (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

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

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## 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**.



## 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.



## Get prepped

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



## 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.



## 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!



## 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!

## Rate your recipe

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