

Middle Eastern Chicken & Homemade Hummus














with Veggie Fries & Tomato Salad

SKILL UP

Grab your meal kit with this number

39



-  Potato
-  Carrot
-  Tomato
-  Lemon
-  Garlic
-  Chickpeas
-  Tahini
-  Chicken Breast
-  Chermoula Spice Blend
-  Mixed Salad Leaves
-  Sesame Seeds
-  + Chicken Breast
-  ↻ Chicken Thigh

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

 Eat Me Early

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 handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
olive oil*	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
honey*	1 tsp	2 tsp
mixed salad leaves	1 small packet	1 medium packet
sesame seeds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2506kJ (599Cal)	334kJ (80Cal)
Protein (g)	57.5g	7.7g
Fat, total (g)	14.4g	1.9g
- saturated (g)	3g	0.4g
Carbohydrate (g)	52.3g	7g
- sugars (g)	8.2g	1.1g
Sodium (mg)	1027mg	137mg
Dietary Fibre (g)	5.4g	1g

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.

1



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**.

4



Cook the chicken

- Place your hand flat on top of each **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 **chermoula spice blend** and a drizzle of **olive oil**. Add **chicken**, turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken steaks** until cooked through (when no longer pink inside), **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.

CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

2



Get prepped

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

5



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.

3



Make the hummus

- Half-fill a medium saucepan with boiling water.
- Cook **chickpeas** and **garlic** 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!

6



Serve up

- Divide Middle Eastern chicken, veggie fries and salad between plates.
- Serve with homemade hummus and sprinkle over **sesame seeds**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



SWAP TO CHICKEN THIGH

Add seasoning as above. Cook, turning occasionally, until browned and cooked through, 10-14 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

