



Quick Chermoula Chicken & Crouton Salad

with Roasted Pumpkin, Almonds & Garlic Aioli

Grab your meal kit with this number

20



Onion



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Wholemeal Panini



Flaked Almonds



Chicken Breast



Chermoula Spice Blend



Mixed Salad Leaves



Garlic Aioli



Beef Rump



Chicken Breast

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

Calorie Smart

Protein Rich

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.

Pantry items

Olive Oil, Honey, White Wine Vinegar

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
peeled pumpkin pieces	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
wholemeal panini	1	2
flaked almonds	1 packet	2 packets
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 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2403kJ (574cal)	242kJ (58cal)
Protein (g)	45.4g	4.6g
Fat, total (g)	23g	2.3g
- saturated (g)	3.4g	0.3g
Carbohydrate (g)	45.6g	4.6g
- sugars (g)	14.1g	1.4g
Sodium (mg)	1317mg	132.4mg
Dietary Fibre (g)	7.3g	0.7g

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

2024 | CW39



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **onion (see ingredients)** into thick 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, **20-25 minutes**.

3



Cook the chicken

- Meanwhile, cut **chicken breast** into strips.
- **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** 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: Chicken is cooked when it is no longer pink inside.

CUSTOM OPTIONS



SWAP TO BEEF RUMP

Thinly slice into strips. Cook as above, for 1-2 minutes.



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

2



Bake the croutons & almonds

- Cut or tear **wholemeal panini** into bite-sized chunks.
- Place **croutons** on a second lined oven tray, then 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 almonds.
- Drizzle with **garlic aioli** to serve. Enjoy!

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

