

Chermoula-Spiced Chicken & Veggie Medley

with Garlic Yoghurt & Toasted Almonds

Grab your meal kit with this number

33



Parsnip



Potato



Carrot



Peeled Pumpkin Pieces



Garlic



Chicken Breast



Chermoula Spice Blend



Flaked Almonds



Greek-Style Yoghurt



Baby Leaves



Chicken Breast



Beef Strips

Prep in: 30-40 mins
Ready in: 35-45 mins

Calorie Smart

Protein Rich

Eat Me Early

For tonight's dinner, we've enlisted the help of our lively Middle Eastern-inspired chermoula spice blend: it coats each bite of tender chicken breast in vibrant, earthy flavours and pairs perfectly with the robust roast veggie medley. Go for your life!

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
potato	1	2
carrot	1	2
peeled pumpkin pieces	1 small packet	1 medium packet
garlic	2 cloves	4 cloves
chicken breast	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
Greek-style yoghurt	½ medium packet	1 medium packet
honey*	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
white wine vinegar*	3 tsp	1 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1924kJ (460cal)	166kJ (40cal)
Protein (g)	45.1g	3.9g
Fat, total (g)	12.8g	1.1g
- saturated (g)	2.2g	0.2g
Carbohydrate (g)	41.5g	3.6g
- sugars (g)	22.2g	1.9g
Sodium (mg)	664mg	57.1mg
Dietary Fibre (g)	8.8g	0.8g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **parsnip, potato** and **carrot** into bite-sized chunks.
- Place **parsnip, potato, carrot** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**. Set aside to cool slightly.

TIP: If your oven tray is crowded, divide the veggies between two trays.

4



Cook the chicken

- Wipe out pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** in batches, until cooked through, **3-5 minutes** each side (depending on thickness).
- Remove pan from heat, then add the **honey**, turning **chicken** to coat.

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

2



Get prepped

- Meanwhile, finely chop **garlic**. 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 large bowl, combine **chermoula spice blend** and a pinch of **salt**. Add **chicken** and toss to coat. Set aside.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.

5



Bring it all together

- To the tray of roasted veggies, add **baby leaves** and a drizzle of **white wine vinegar**. Toss to combine and season to taste.

3



Make the garlic yoghurt

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** (see ingredients) and stir to combine. Season to taste with **salt** and **pepper**.

6



Serve up

- Slice chermoula-spiced chicken.
- Divide veggie medley between plates. Top with chicken and garlic yoghurt.
- Garnish with toasted almonds and serve with remaining yoghurt. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



CUSTOM OPTIONS

+ DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

🔄 SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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

