



# DUKKAH CHICKEN & FETA

with Roast Veggie Medley



Add flavour and texture to chicken with dukkah



Kumara



Courgette



King Sweetie Capsicum



Red Onion



Garlic



Parsley



Dukkah



Chicken Breast



Feta

**Pantry Staples:** Olive Oil, Plain Flour

Hands-on: **20-30** mins  
Ready in: **40-50** mins

Eat me early

Low calorie

A feast for the eyes and the tastebuds, this colourful confetti of roasted veggies is sure to put you in a good mood. Such a delicious concoction needs an equally bold buddy, and what better than the aromatic dukkah spice blend to really liven up the party?



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **large frying pan**



### 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** into 1cm chunks. Cut the **courgette** and **King Sweetie capsicum** into 2cm chunks. Cut the **red onion** into 1cm-thick wedges. **TIP:** *Cut the veggies to the correct size so they cook in the allocated time.* Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley** leaves.



### 2 ROAST THE VEGGIES

Place the **kumara, courgette, capsicum, onion** and **garlic** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until tender, **25-30 minutes**.



### 3 COAT THE CHICKEN

While the veggies are roasting, combine the **plain flour** and **dukkah** on a plate. Rub a **drizzle** of **olive oil** over the **chicken breast**, then turn to coat in the **dukkah mixture**. In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the dukkah **chicken** and cook until golden, **2 minutes** each side. Transfer to a second oven tray lined with baking paper.



### 4 BAKE THE CHICKEN

When the veggies have **15 minutes** cook time remaining, bake the **chicken** until cooked through, **6-10 minutes** (depending on thickness). Transfer to a plate and set aside to rest for **5 minutes**. **TIP:** *The chicken is cooked when it is no longer pink inside.*



### 5 TOSS THE ROASTED VEGGIES

In a medium bowl, combine the **roasted veggies, parsley** and crumble in **1/2** the **feta**.



### 6 SERVE UP

Thickly slice the chicken. Divide the dukkah chicken and the roast veggie medley between plates. Crumble the remaining feta over the top.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
courgette	1	2
King Sweetie capsicum	1	2
red onion	1	2
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
plain flour*	2 tsp	4 tsp
dukkah	1 sachet	2 sachets
chicken breast	1 packet	1 packet
feta	1 block (50g)	1 block (100g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2170kJ (518Cal)	357kJ (85Cal)
Protein (g)	48.2g	7.9g
Fat, total (g)	21.0g	3.5g
- saturated (g)	7.2g	1.2g
Carbohydrate (g)	30.0g	4.9g
- sugars (g)	15.2g	2.5g
Sodium (g)	869mg	143mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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