



# Golden Chicken & Roast Veggie Medley

with Lemon Yoghurt Hummus

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Potato



Middle Eastern Seasoning



Lemon



Aussie Spice Blend



Baby Spinach Leaves



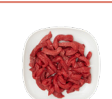
Hummus



Greek-Style Yoghurt



Chicken Breast



Beef Strips



## Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins  
Ready in: 30-40 mins

Carb Smart

Eat Me Early

Are you ready for a tasty yoghurt that goes perfectly with spiced chicken? If the answer is yes, then may we recommend the zesty hummus yoghurt to drizzle over everything, including the roast veggies, tossed into a salad.

**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 your hands and any fresh food

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
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
potato	1	2
Middle Eastern seasoning	1 sachet	2 sachets
lemon	½	1
hummus	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
<b>honey*</b>	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
beef strips**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1827kJ (437Cal)	328kJ (78Cal)
Protein (g)	43.1g	7.7g
Fat, total (g)	12.1g	2.2g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	39.7g	7.1g
- sugars (g)	16.4g	2.9g
Sodium (mg)	1318mg	237mg
Dietary Fibre (g)	11.7g	2.1g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1865kJ (446Cal)	357kJ (85Cal)
Protein (g)	39.3g	7.5g
Fat, total (g)	14.7g	2.8g
- saturated (g)	5g	1g
Carbohydrate (g)	39.7g	7.6g
- sugars (g)	16.4g	3.1g
Sodium (mg)	1269mg	243mg
Dietary Fibre (g)	11.7g	2.2g

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

2023 | CW11



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **cauliflower** into small florets. Cut **carrot** and **potato** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Sprinkle over **Middle Eastern seasoning**, drizzle with **olive oil** and toss to coat.
- Roast until tender and brown around edges, **20-25 minutes**.



## Cook the chicken

- When the veggies have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add the **honey** and turn to coat.

**TIP:** The chicken is cooked when it's no longer pink inside.

**Custom Recipe:** If you've swapped to beef strips, discard any liquid from beef strips packaging. Heat pan over high heat. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Return all beef to the pan, then glaze with the honey as above.



## Get prepped

- Zest **lemon** to get a pinch, then slice into wedges.
- In a small bowl, combine **hummus**, **Greek-style yoghurt** and **lemon zest**. Season with **salt** and **pepper** and set aside.



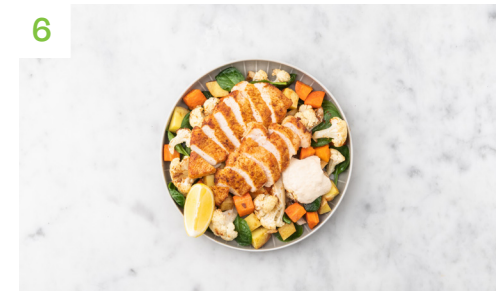
## Finish the veggie medley

- When the veggies are done, add **baby spinach leaves** and a generous squeeze of **lemon juice** to the tray. Toss to combine and season with **salt**.



## Flavour the chicken

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken**, **Aussie spice blend**, a pinch of **salt** and a drizzle of **olive oil**.



## Serve up

- Slice golden chicken. Divide roast veggie medley between bowls.
- Top with chicken and lemon yoghurt hummus.
- Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)