



GREEK CHICKEN & TZATZIKI

with Roast Kumara



Make your own tzatziki



Kumara



Cucumber



Green Beans



Courgette



Oregano



Chicken Breast



Greek Spice Blend



Greek Yoghurt

Hands-on: **25 mins**
Ready in: **35 mins**

Eat me early

Low calorie

Add delectable Greek flavours to tender chicken breast and serve with a creamy tzatziki and colourful veggies for an array of flavours and textures. The little ones may want to turn this fun plate into a finger food feast, and we can't blame them!

Pantry Staples: Olive Oil

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 ROAST THE KUMARA

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm chunks. Place the kumara, a **drizzle of olive oil** and a **pinch of salt** and **pepper** onto the oven tray lined with baking paper. Toss to coat, then roast for **20-25 minutes** or until tender.



2 GET PREPPED

While the kumara is roasting, finely dice the **cucumber**. Trim the **green beans**. Slice the **courgette** into 1cm chunks. Pick the **oregano** leaves. Slice the **chicken breast** into 1cm strips.



3 COOK THE CHICKEN

In a large bowl, combine the **salt**, **Greek spice blend**, **chicken strips** and a **drizzle of olive oil**. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add **1/2** the chicken and cook for **4-5 minutes**, turning regularly, until cooked through. Transfer to a plate and repeat with the remaining chicken.



4 MAKE THE TZATZIKI

In a small bowl, combine the **cucumber**, **Greek yoghurt** and **2 tsp of water**. Season with a **pinch of salt** and **pepper** and stir to combine. **TIP:** *If you have fussy kids, leave some of the yoghurt plain!*



5 COOK THE VEGGIES

Once the chicken is done, wash out the large frying pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **green beans** and **courgette** and cook for **4-6 minutes** or until tender. Add the **oregano** and cook for **1-2 minutes**, or until fragrant. Season with a **pinch of salt** and **pepper**.



6 SERVE UP

Divide the Greek chicken, kumara and veggies between plates. Serve with dollops of the tzatziki.

TIP: *For kids, follow our serving suggestion in the main photo!*

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
kumara	4
cucumber	1
green beans	1 bag (200 g)
courgette	1
oregano	1 bunch
chicken breast	1 packet
salt*	½ tsp
Greek spice blend	2 sachets
Greek yoghurt	1 tub (185 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1970kJ (470Cal)	342kJ (82Cal)
Protein (g)	46.2g	8.0g
Fat, total (g)	13.0g	2.3g
- saturated (g)	4.6g	0.8g
Carbohydrate (g)	37.5g	6.5g
- sugars (g)	17.8g	3.1g
Sodium (g)	534mg	93mg

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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