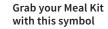


Lemon Pepper Chicken & Olive Freekeh Bowl

with Cucumber Salsa & Aioli

CLIMATE SUPERSTAR









Stock Powder



Cucumber





Pitted Mixed

Baby Spinach

Chicken Breast



Garlic Aioli





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



*Custom Recipe is not Carb Smart

The Mediterranean has some very fresh dishes that leave you feeling relaxed and rejuvenated. We're taking a page out of their recipe book and creating a freekeh bowl studded with pitted olives, topped with zesty seared chicken and a cooling aioli for that pop of garlic we know and love.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Large saucepan with a lid \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 packet	2 packets
butter*	10g	20g
chicken-style stock powder	1 medium sachet	1 large sachet
cucumber	1 (medium)	1 (large)
radish	2	3
baby spinach leaves	1 small bag	1 medium bag
pitted mixed olives	1/4 packet	½ packet
white wine vinegar*	drizzle	drizzle
chicken breast	1 packet	1 packet
lemon pepper spice blend	1 sachet	2 sachets
garlic aioli	1 medium packet	1 large packet
haloumi/grill cheese**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2296kJ (549Cal)	583kJ (139Cal)
Protein (g)	40.4g	10.3g
Fat, total (g)	27.5g	7g
- saturated (g)	6.5g	1.6g
Carbohydrate (g)	30.5g	7.7g
- sugars (g)	4.8g	1.2g
Sodium (mg)	1481mg	376mg
Dietary Fibre (g)	8.8g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3542kJ (847Cal)	732kJ (175Cal)
Protein (g)	62.3g	12.9g
Fat, total (g)	50.1g	10.4g
- saturated (g)	20.1g	4.2g
Carbohydrate (g)	32.6g	6.7g
- sugars (g)	6.9g	1.4g
Sodium (mg)	2201mg	455mg

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

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Make the freekeh

- In a large saucepan, heat a drizzle of olive oil over medium-high heat. Toast freekeh, stirring occasionally, until golden, 1-2 minutes.
- Half-fill saucepan with water, then add a good pinch of salt. Bring to the boil, then simmer, uncovered, until freekeh is tender, 30-35 minutes.
- Drain, rinse and return freekeh to the pan over medium heat. Add the butter and chicken-style stock powder, then stir until butter is melted and combined.

TIP: The freekeh is cooked when it has softened but still retains some bite.



Cook the chicken

- When the freekeh has 10 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook chicken until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded).

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

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat.

Cook haloumi, until golden brown, 1-2 minutes each side.



Make the salsa

- While the freekeh is cooking, thinly slice cucumber into half-moons. Thinly slice radish, baby spinach leaves and pitted mixed olives (see ingredients).
- In a medium bowl, combine cucumber, radish and a drizzle of white wine vinegar and olive oil. Season with salt and pepper.

Custom Recipe: If you've added haloumi to your meal, cut haloumi into 1cm-thick slices.



Prep the chicken

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



Bring it all together

 To the freekeh, stir through baby spinach, olives and a drizzle of olive oil. Season to taste.



Serve up

- · Slice the chicken.
- Divide freekeh between bowls. Top with lemon pepper chicken, cucumber salsa and garlic aioli.
 Season with pepper to serve. Enjoy!

Custom Recipe: Top freekeh with the haloumi.



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