



# Lemon Pepper Chicken & Olive Freekeh Bowl

with Cucumber Salsa & Aioli

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Freekeh



Chicken-Style Stock Powder



Cucumber



Radish



Baby Spinach Leaves



Pitted Mixed Olives



Chicken Breast



Lemon Pepper Spice Blend



Garlic Aioli



Haloumi/Grill Cheese

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



Carb Smart\*

\*Custom Recipe is not Carb Smart



Eat Me Early

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.

CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
freekeh	1 packet	2 packets
<b>butter*</b>	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	¼ packet	½ packet
<b>white wine vinegar*</b>	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](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 | CW21



1



## 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.

4



## 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.

2



## 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.

5



## Bring it all together

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

3



## 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.

6



## 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.

## Rate your recipe

Did we make your tastebuds happy?

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