



Lemon Yoghurt-Roasted Chicken

with Flatbreads, Braised Eggplant & Crumbly Cheese

Grab your Meal Kit with this symbol



Eggplant



Lemon



Greek-Style Yoghurt



Turkish Sumac Seasoning



Half Chicken



Brown Onion



Tomato Paste



Garlic Paste



Radish



Mint



Roasted Almonds



Mixed Salad Leaves



Flat Breads



Parsley



Greek Salad Cheese/
Feta Cheese

Hands-on: **25-35 mins**
Ready in: **40-50 mins**

Eat Me Early

One bite of this tender roast chicken, accompanied with elegant sides: braised eggplant with crumbly cheese, a crisp radish salad and flatbreads makes it clear why the simple things are hard to beat.

Pantry items

Olive Oil, Butter, Red Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
lemon	1	2
Greek-style yoghurt	1 medium packet	1 large packet
Turkish sumac seasoning	1 sachet	2 sachets
half chicken	1	2
brown onion	1 (medium)	1 (large)
tomato paste	1 packet	2 packets
garlic paste	1 packet	1 packet
water*	½ cup	1 cup
butter*	20g	40g
radish	2	4
mint	1 bag	1 bag
roasted almonds	1 packet	2 packets
mixed salad leaves	1 bag (30g)	1 bag (60g)
red wine vinegar*	drizzle	drizzle
flatbreads	4	8
parsley	1 bag	1 bag
Greek salad cheese/ feta cheese	½ packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4682kJ (1119Cal)	488kJ (117Cal)
Protein (g)	80.6g	8.4g
Fat, total (g)	41.1g	4.3g
- saturated (g)	12g	1.3g
Carbohydrate (g)	102.6g	10.7g
- sugars (g)	16g	1.7g
Sodium (mg)	2357mg	246mg

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.



Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **eggplant** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people), season with **salt** and toss to coat. Roast until tender, **15-20 minutes**. Meanwhile, slice the **lemon** into wedges. In a small bowl, combine the **Greek-style yoghurt**, **Turkish sumac seasoning** and a squeeze of **lemon juice**, then season with **salt**.

TIP: Adding enough olive oil ensures the eggplant will cook in time!



Make the salad

While the onion is cooking, thinly slice the **radish**. Pick and roughly chop the **mint** leaves. Roughly chop the **roasted almonds**. In a large bowl, add the **radish**, **mint**, **almonds**, **mixed salad leaves** and a drizzle of **red wine vinegar** and **olive oil**. Season and set aside.



Cook the chicken

Season the **half chicken** with **salt** and **pepper**. Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **chicken**, skin-side down first, until browned, **4-5 minutes** each side. Transfer the **chicken** to a second lined oven tray, then spread 1/2 the **sumac yoghurt mixture** over the **chicken**. Roast until cooked through, **25-30 minutes**. Set aside to rest for **5-10 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.



Cook the flatbreads

Drizzle the **flatbreads** with **olive oil** and season. Wipe out the frying pan and return to a medium-high heat. Working with one at a time, cook the **flatbreads** until golden and warmed through, **1-2 minutes** each side. Transfer to a serving plate.



Cook the onion & eggplant

When the eggplant is done, thinly slice the **brown onion**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** until softened, **3-4 minutes**. Add the **tomato paste** and **garlic paste** and cook until fragrant, **1 minute**. Add the roasted **eggplant** and the **water** and stir to combine. Reduce the heat to medium, then cook until reduced, **3-4 minutes**. Add the **butter** and stir to combine. Season to taste.



Serve up

Toss the radish salad. Slice the lemon yoghurt-roasted chicken. Roughly chop the **parsley**. Crumble the **cheese** (see ingredients) and sprinkle the parsley over the eggplant. Bring everything to the table to serve. Help yourself to the chicken, radish salad, braised eggplant and flatbreads. Serve with the remaining sumac yoghurt and any remaining lemon wedges.

Enjoy!