

Lemon Yoghurt Roast Chicken

with Flatbreads & Braised Eggplant

Grab your Meal Kit with this symbol



Recipe Update
 The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Eggplant



Lemon



Turkish Sumac Seasoning



Onion



Tomato Paste



Garlic Paste



Radish



Mint



Roasted Almonds



Salad Leaves



Parsley



Flatbreads



Greek Salad Cheese/
Feta Cheese



Greek-Style
Yoghurt



Half Chicken

Prep in: **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
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
salad leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle
flatbreads	4	8
parsley	1 bag	1 bag
Greek salad cheese/ feta cheese	¼ packet (50g)	½ packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4701kJ (1124Cal)	495kJ (118Cal)
Protein (g)	80.5g	8.5g
Fat, total (g)	41.6g	4.4g
- saturated (g)	20.8g	2.2g
Carbohydrate (g)	101.6g	10.7g
- sugars (g)	14.9g	1.6g
Sodium (mg)	1963mg	207mg

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.



Roast the eggplant

- Preheat oven to **240°C/220°C**.
- Cut **eggplant** into bite-sized chunks. Place on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and toss to coat. Roast until tender, **15-20 minutes**.
- Meanwhile, slice **lemon** into wedges.
- In a small bowl, combine **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

- Meanwhile, thinly slice **radish**. Pick and roughly chop **mint** leaves. Roughly chop **roasted almonds**.
- In a large bowl, add **radish**, **mint**, **almonds**, **salad leaves** and a drizzle of **red wine vinegar** and **olive oil**. Season to taste and set aside.



Cook the chicken

- Season the **half chicken** with **salt** and **pepper**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken**, skin-side down first, until browned, **4-5 minutes** each side.
- Transfer **chicken** to a second lined oven tray, then spread 1/2 the **yoghurt mixture** over the chicken.
- Roast **chicken** 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 **flatbreads** with **olive oil** and season.
- Wipe out the frying pan and return to medium-high heat.
- Working with one at a time, cook **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 **onion**.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** until softened, **3-4 minutes**.
- Add **tomato paste** and **garlic paste** and cook until fragrant, **1 minute**.
- Add the **roasted eggplant** and the **water**, then stir to combine. Reduce the heat to medium and cook until reduced, **3-4 minutes**.
- Add the **butter** and stir to combine. Season to taste. Transfer to a serving bowl.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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