



Herby Chicken with Pumpkin Salad & Harissa Yoghurt

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2176kJ (520Cal) | Protein 40.2g | Fat, total 29.1g - saturated 9g | Carbohydrate 25.8g - sugars 14.5g | Sodium 1423mg | Dietary Fibre 3.4g
Carb Smart | The quantities provided above are averages only.

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2021 | WK38 | X

Get ready

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'll need

(along with the basics)



Large Frying Pan

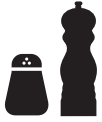


Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Chicken Breast	1 pkt	1 pkt
Roasted Pumpkin	1 medium pkt	1 large pkt
Greek-Style Yoghurt	1 medium pkt	1 large pkt
Greek Salad Cheese/ Feta Cheese	½ pkt (25g)	1 pkt (50g)

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.

1. Sizzle



Chicken Breast



Garlic & Herb Seasoning

2. Zap



Roasted Pumpkin



Greek-Style Yoghurt



Harissa Paste



Cucumber



Radish

3. Toss



Spinach & Rocket Mix



Greek Salad Cheese/ Feta Cheese

- Cut **chicken** into strips
- Heat **olive oil** in a frying pan over high heat
- Cook **chicken**, tossing, until browned and cooked through, **3-4 mins**
- Add **seasoning** and a good splash of **water**
- Toss, until fragrant, **1 min**

- Prick a few holes in **pumpkin** packet. Microwave until steaming, **3 mins**
- In a bowl, combine **yoghurt** and **harissa**
- Chop **cucumber**. Trim and slice **radish**

- In a second bowl, combine **pumpkin**, **cucumber**, **radish** and **rocket mix**
- Drizzle with **oil**, season and toss
- Plate up **salad** and **chicken**
- Crumble **cheese** over **salad** and serve with **harissa yoghurt**

