

















Middle Eastern Chicken & Pumpkin Salad

with Chickpeas, Pickled Onion & Lemon Yoghurt Dressing

Grab your Meal Kit with this symbol 



-  Peeled & Chopped Pumpkin
-  Red Onion
-  Tomato
-  Mint
-  Garlic
-  Lemon
-  Chickpeas
-  Chicken Breast
-  Ras El Hanout
-  Mixed Salad Leaves
-  Greek Yoghurt

 Hands-on: **20-30 mins**
 Ready in: **30-40 mins**  Low Calorie
 Eat me early

Tender pan-fried chicken breast is the perfect match for our ras el hanout spice mix shine, and when you add roasted pumpkin, crunchy chickpeas and crisp greens, you get a bowl of pure goodness. Enjoy!

Pantry items
 Olive Oil, Rice Wine Vinegar, Honey

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
water*	¼ cup	½ cup
tomato	1	2
mint	1 bunch	1 bunch
garlic	1 clove	2 cloves
lemon	½	1
chickpeas	1 tin	2 tins
chicken breast	1 packet	1 packet
ras el hanout	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
honey*	2 tsp	4 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
Greek yoghurt	1 packet (100g)	1 packet (175g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2020kJ (481Cal)	283kJ (68Cal)
Protein (g)	47.3g	6.6g
Fat, total (g)	14.0g	2.0g
- saturated (g)	4.5g	0.6g
Carbohydrate (g)	35.2g	4.9g
- sugars (g)	19.7g	2.8g
Sodium (mg)	387mg	54mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Generously drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**. Remove from the oven and allow to cool slightly.



4. Cook the chicken & chickpeas

When the pumpkin has **5 minutes** cook time remaining, heat a large frying pan over a high heat with a **drizzle** of **olive oil**. Season the **chicken** with a **pinch** of **salt** and **pepper**. When the oil is hot, add the **chicken** and **chickpeas** and cook, tossing occasionally, until browned and cooked through, **4-5 minutes**. Remove the pan from the heat and add the **honey**. Stir until chicken is coated.

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



2. Pickle the onion

Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar**, **water** and a **good pinch** of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid and stir to coat. Set aside until serving.

TIP: Stir the onion occasionally so it stays submerged.



5. Toss the salad

In a large bowl, combine a **squeeze** of **lemon juice**, **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) and a **pinch** of **salt** and **pepper**. Add the **mixed salad leaves**, roasted **pumpkin**, **tomato**, **honey chickpeas** and **chicken**. Toss to combine. In a small bowl, combine the **Greek yoghurt** with the **lemon zest** and a **squeeze** of **lemon juice**. Season to taste with **salt** and **pepper**.



3. Get prepped

While the onion is pickling, roughly chop the **tomato**. Pick and roughly chop the **mint** leaves. Finely chop the **garlic** (or use a garlic press). Zest the **lemon** (see ingredients list) to get a **pinch**, then slice into wedges. Drain and rinse the **chickpeas**. Cut the **chicken** into 2 cm pieces. In a medium bowl, combine the **ras el hanout**, **salt**, **garlic** and a **drizzle** of **olive oil**. Add the **chicken** and toss to coat.



6. Serve up

Drain the pickled onion. Divide the Middle Eastern chicken and pumpkin salad between bowls and top with the pickled onion. Drizzle over the lemon yoghurt and garnish with the mint. Serve with any remaining lemon wedges.

Enjoy!