



Middle Eastern Honey Chicken

with Roast Veggie Cauliflower Rice & Mayonnaise

Grab your Meal Kit with this symbol



Beetroot



Carrot



Garlic



Ras El Hanout



Boneless Chicken Drumsticks



Cauliflower Rice



Baby Spinach Leaves



Mayonnaise

Hands-on: 20-30 mins
Ready in: 30-40 mins

Carb Smart

Eat Me Early

Tender baked chicken is the perfect match to make our ras el hanout spice mix shine, and when you add nourishing cauliflower rice, bright veggies and a creamy dollop of mayo, you get a bowl of pure goodness.

Pantry items

Olive Oil, Honey, Butter, White 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 |
| beetroot | 1 | 2 |
| carrot | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| ras el hanout | 1 sachet | 1 sachet |
| honey* | 1 tsp | 2 tsp |
| salt* | ¼ tsp | ½ tsp |
| boneless chicken drumsticks | 1 packet | 1 packet |
| butter* | 20g | 40g |
| cauliflower rice | 1 packet | 1 packet |
| baby spinach leaves | 1 bag (60g) | 1 bag (120g) |
| white wine vinegar* | drizzle | drizzle |
| mayonnaise | 1 packet (40g) | 1 packet (80g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 1996kJ (477Cal) | 370kJ (88Cal) |
| Protein (g) | 35.1g | 6.5g |
| Fat, total (g) | 25.9g | 4.8g |
| - saturated (g) | 9.1g | 1.7g |
| Carbohydrate (g) | 22.8g | 4.2g |
| - sugars (g) | 17.4g | 3.2g |
| Sodium (mg) | 478mg | 89mg |
| Dietary Fibre (g) | 9g | 1.7g |

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 veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** and **carrot** into 1cm chunks. Place the **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Get prepped

While the veggies are roasting, finely chop the **garlic**. In a medium bowl, combine the **ras el hanout**, the **honey**, the **salt** and a drizzle of **olive oil**. Add the **boneless chicken drumsticks** and turn to coat.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **chicken** until golden, **2-3 minutes** each side. Transfer to a second lined oven tray and bake until cooked through, **8-12 minutes**.

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



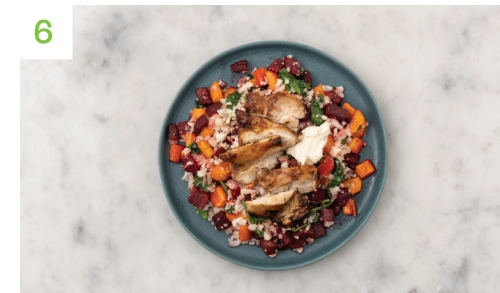
Cook the cauliflower rice

While the chicken is cooking, wipe out the frying pan and return to a high heat with the **butter** and drizzle of **olive oil**. Cook the **cauliflower rice** until softened, **2-4 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Remove from the heat, then season with **salt**.



Bring it all together

Add the **roasted veggies**, **baby spinach leaves** and a drizzle of **white wine vinegar** to the **cauliflower rice**.



Serve up

Slice the Middle Eastern honey chicken. Divide the roast veggie cauliflower rice between bowls. Top with the chicken. Serve with a dollop of **mayonnaise**.

Enjoy!