



# Middle Eastern Yoghurt Chicken

with Roast Veggie Toss & Feta

Grab your Meal Kit with this symbol



Kumara



Carrot



Courgette



Red Onion



Garlic



Lemon



Souk Market Spice Blend



Yoghurt



Chicken Breast



Coriander



Baby Spinach Leaves



Feta

Hands-on: 25-35 mins  
 Ready in: 35-45 mins

Low calorie

Eat me early

Combine our popular Souk Market spice blend with yoghurt for a tasty marinade that keeps chicken tender as it bakes. Paired with a roast veggie toss and creamy feta, this colourful meal is a flavour sensation.

## Pantry items

Olive Oil

## 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
kumara	2 (medium)	2 (large)
carrot	1	2
courgette	1	2
red onion	1 (medium)	1 (large)
salt* (for the veggies)	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
lemon	½	1
souk market spice blend	1 sachet	1 sachet
salt* (for the chicken)	½ tsp	1 tsp
yoghurt	1 small packet	1 large packet
chicken breast	1 packet	1 packet
coriander	1 bunch	1 bunch
baby spinach leaves	1 bag (30g)	1 bag (60g)
feta	1 block (25g)	1 block (50g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2200kJ (525Cal)	315kJ (75Cal)
Protein (g)	47.0g	6.7g
Fat, total (g)	15.5g	2.2g
- saturated (g)	6.3g	0.9g
Carbohydrate (g)	43.5g	6.2g
- sugars (g)	24.0g	3.4g
Sodium (mg)	1100mg	158mg

## 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.



### Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm chunks. Cut the **carrot** (unpeeled) and **courgette** into 1cm half-moons. Slice the **red onion** into 1cm wedges. Place the **veggies** and **salt (for the veggies)** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

**TIP:** Cut the veggies to size so they cook in time.

**TIP:** If your oven tray is crowded, separate across two trays.



### Flavour the chicken

While the veggies are roasting, finely grate the **garlic**. Slice the **lemon** into wedges. In a medium bowl, combine the **garlic, souk market spice blend, salt (for the chicken)**, 1/2 the **yoghurt**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Add the **chicken breast** and toss to coat. Set aside.



### Make the yoghurt dressing

In a medium bowl, combine the remaining **yoghurt** with a squeeze of **lemon juice** and season with **salt** and **pepper**. Set aside.



### Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, add the **chicken** and cook until golden, **2-3 minutes** each side. Transfer to a second oven tray lined with baking paper and bake until cooked through, **6-10 minutes** (depending on size). Set aside to rest for **5 minutes**.

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



### Make the roast veggie toss

While the chicken is baking, roughly chop the **coriander** (reserve a few leaves for garnish!). Transfer the roasted **veggies** to a large bowl. Add the **coriander, baby spinach leaves** and crumble in 1/2 the **feta**. Gently toss to coat.



### Serve up

Slice the chicken. Divide the roast veggie toss between bowls and crumble over the remaining feta. Top with the Middle Eastern yoghurt chicken and lemon yoghurt. Garnish with the reserved coriander leaves and serve with any remaining lemon wedges.

Enjoy!