



Casablanca Chicken & Roast Veggie Medley

with Citrus Yoghurt



Add the flavours of
Casablanca to chicken



Sweet Potato



Cauliflower



Red Onion



Garlic



Baby Spinach Leaves



Chicken Breast



Souk Market Spice Blend



Lemon



Greek Yoghurt



Parsley

Pantry Staples: Olive Oil

Hands-on: **25 mins**
Ready in: **40 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Low calorie

Cauliflower is one of those superstar veggies, always ready to do the heavy lifting in any meal. With its special nuttiness that comes out after roasting, it makes a hearty addition to this spiced chicken stunner of a meal.

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, oven tray** lined with **baking paper, large bowl, tongs, medium bowl, medium frying pan, small bowl** and a **spoon**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** (unpeeled) into 1 cm cubes. Cut the **cauliflower** into 1 cm florets and roughly chop the stalk. Slice the **red onion** into 1 cm wedges. **TIP:** *Cutting the veggies to the correct size ensures they cook in the allocated time.* Peel and finely chop the **garlic**.

2 ROAST THE VEGGIES

Add the **sweet potato, cauliflower, red onion** and **garlic** to the oven tray lined with baking paper. **Drizzle** with **olive oil** and add **1/2 the salt** (see ingredients list) and a **pinch of pepper**. Toss to coat and bake for **25 minutes** or until golden and tender.

3 ADD SPICE TO THE CHICKEN

While the veggies are baking, place your hand flat on top of the **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Combine the **Souk Market spice blend** and the **remaining salt** in a medium bowl. Season with a **pinch of pepper**. Add the chicken steaks and a **drizzle of olive oil** and toss to coat the chicken. Set aside.



4 PREP THE CITRUS YOGHURT

In a small bowl, combine the **Greek yoghurt, water** (see ingredients list) and a squeeze of **lemon juice** (**2 tsp for 2 people / 1 tbs for 4 people**). **TIP:** *Add as much or as little lemon juice as you like, depending on your taste.* Season with a **pinch of salt** and **pepper** and mix well.

5 COOK THE CHICKEN

When the veggies have **10 minutes** of cook time remaining, heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **chicken** steaks and cook for **3-5 minutes** on each side (depending on thickness), or until cooked through.

TIP: *The chicken is cooked when it is no longer pink inside.*

While the chicken is cooking, pick and finely chop the **parsley** leaves. When the veggies are cooked, transfer to a large bowl and toss together with the **baby spinach leaves**.

2/4 PEOPLE — INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	1	2
cauliflower	1 portion	2 portions
red onion	1	2
garlic	1 clove	2 cloves
salt*	½ tsp	1 tsp
chicken breast	1 packet	1 packet
Souk Market spice blend	1 sachet	2 sachets
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
water*	3 tsp	1 ½ tbs
lemon	1	2
parsley	1 bunch	1 bunch
baby spinach leaves	1 bag	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2220kJ (531Cal)	318kJ (76Cal)
Protein (g)	50.0g	7.2g
Fat, total (g)	20.4g	2.9g
- saturated (g)	5.6g	0.8g
Carbohydrate (g)	31.5g	4.5g
- sugars (g)	19.4g	2.8g
Sodium (g)	258mg	37mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

Enjoy!

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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