

Gasablanca Chicken & Roast Veggie Medley

with Citrus Yoghurt















Baby Spinach Leaves

Chicken Breast





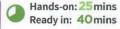
Souk Market Spice Blend





Greek Yoghurt

Pantry Staples: Olive Oil









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 -STAR

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.



GET PREPPED Preheat the oven to 220°C/200°C fanforced. 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.



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.



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.



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.



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 mediumhigh 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.



SERVE UP Divide the roast veggie medley between plates and top with the Casablanca chicken. Drizzle over the citrus yoghurt and garnish with the parsley.

Enjoy!

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

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