



DUKKAH CHICKEN

with Roasted Vegetable Medley



Flavour chicken
with dukkah



Sweet Potato



Zucchini



Red Capsicum



Red Onion



Garlic



Parsley



Lemon



Dukkah



Chicken Breast



Fetta



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



Naturally gluten-free
Not suitable for Coeliacs



Eat me early



Low calorie

A feast for the eyes and the tastebuds, this colourful confetti of roasted vegetables is sure to put you in a good mood. Such a delicious concoction needs an equally bold buddy, and what better than the fragrant dukkah spice blend to really liven up the party?

Pantry Staples: Olive Oil, Plain Flour (or Gluten Free Plain Flour)

BEFORE YOU — START

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



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **zucchini** and **red capsicum** into 2cm chunks. Cut the **red onion** into 1cm wedges. **TIP:** Cut the veggies to the correct size so they cook in the allocated time. Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley** leaves. Slice the **lemon** (see ingredients list) into wedges.



2 ROAST THE VEGGIES

Place the **sweet potato**, **zucchini**, **red capsicum**, **red onion** and **garlic** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a pinch of **salt** and **pepper**. Toss to coat and roast for **25-30 minutes**, or until tender.



3 COAT THE CHICKEN

While the veggies are roasting, combine the **plain flour** and **dukkah** on a plate. Rub a **drizzle** of **olive oil** over the **chicken breast**, then turn to coat in the dukkah flour mix. In a large frying pan, heat a **generous drizzle** of **olive oil** over a medium-high heat. Add the dukkah chicken and cook for **2 minutes** on each side, or until golden. Transfer to a second oven tray lined with baking paper.



4 ROAST THE CHICKEN

In the last **15 minutes** of the vegetable cook time, roast the **chicken** for **6-10 minutes** or until cooked through. **TIP:** The chicken is cooked when it is no longer pink inside. **TIP:** Cook times will vary depending on the size of the fillet. Transfer to a plate and set aside to rest for **5 minutes**.



5 MAKE THE ROAST VEGETABLE MEDLEY

In a medium bowl, combine the **roasted veggies**, **parsley**, and **1/2 the fetta**.



6 SERVE UP

Slice the dukkah chicken. Divide the chicken and the roast vegetable medley between plates. Crumble the remaining fetta over the roast veggies. Serve with the lemon wedges.

ENJOY!

2/4 PEOPLE — INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	1	2
zucchini	1	2
red capsicum	1	2
red onion	1	2
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
lemon	½	1
plain flour* (or gluten free plain flour)	2 tsp	1 tbs
dukkah	1 sachet	2 sachets
chicken breast	1 packet	1 packet
fetta (25 g)	1 block (25 g)	1 block (50 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2270kJ (542Cal)	366kJ (88Cal)
Protein (g)	49.0g	7.9g
Fat, total (g)	24.1g	3.9g
- saturated (g)	6.3g	1.0g
Carbohydrate (g)	28.1g	4.5g
- sugars (g)	15.2g	2.5g
Sodium (g)	1130mg	183mg

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

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