



Cooking Made Easy



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Moroccan Spiced Chicken with Hearty Roasted Veggies

We fell in love with this recipe the moment it passed our lips. There's nothing complicated or fancy about it - just a perfect combination of great produce, premium chicken and a warming blend of Middle Eastern spice. In keeping with our ongoing mission to stoke you up against winter colds there's also a triple hit of vitamin C from the red pepper, sweet potato and courgette. In the (unlikely) event that you don't eat it all in one go, this is absolutely awesome for lunch the next day too!



40 min



level 2



healthy

Ingredients

	2P	4P
Chicken Breasts	2	4
Courgette	1 cup	2 cups
Red Pepper	1	2
Sweet Potato	2 cups	4 cups
Natural Yoghurt 2	½ pot	1 pot
Lemon	1	1
Ground Cumin	1 tsp	2 tsp
Ground Coriander	1 tsp	2 tsp
Mustard Seeds 3	1 tsp	2 tsp
Tumeric	½ tsp	1 tsp
Ginger	¼ tsp	½ tsp
Flour 1	1 tbsp	2 tbsp

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Gluten | 2) Milk
3) Mustard

Nutrition per serving

Calories: 393kcal,
Protein: 45g, Carbs: 31g,
Fat: 10g, Saturated Fat: 3g

Measuretool

0 cm 1 cm 2 cm
| | |



1 Heat the oven to 200 degrees, peel the sweet potato and cut into 2cm cubes. Cut the top and bottom off the courgette and cut in half lengthways. Cut each half lengthways a couple of times and then cut into 2cm chunks. Cut the top and bottom off the pepper, remove the core and cut into bite-sized chunks.

2 Toss all the vegetables in 1 tbsp of oil, ½ tsp of salt and a good grind of pepper. Lay out on a large tray and cook on the top shelf of the oven for 25 mins.

Tip If you have two trays use one for the sweet potato and put the other one with the vegetables in after 5 mins. The vegetables are ready when they are soft all the way through and starting to colour at the edges.

3 Place your hand flat on each chicken breast and slice in half from the side. You want to be able to open up the chicken breast like a book (this is called “butterflying”). Lay the chicken between 2 sheets of clingfilm. Whack the chicken using the base of a pan or a rolling pin until it is 1cm thick.

4 Mix the spices with the flour, ¼ tsp of salt and a good few grinds of black pepper. Rub ¼ tsp of oil over each piece of chicken and then coat in the spice mix.

5 Heat a non-stick frying pan over high heat with 1 tbsp of oil. Once really hot, carefully add the chicken breasts. **T** If your pan is small, cook the chicken in batches so that it browns off (rather than stews). Cook on each side for around 5 mins until golden brown and cooked through.

6 Mix the yoghurt with the 1 tsp of lemon juice and ½ tsp of lemon zest along with ¼ tsp of salt and pepper.

7 Divide the roasted vegetables between your bowls and top with the spiced chicken and a drizzle of the lemon yoghurt.

