



CHICKEN AND FETA JUMBLE

with Butternut Squash and Rocket



HELLO FETA

Feta is one of the world's oldest cheeses, it is mentioned in Homer's Odyssey.



Butternut Squash



Red Onion



Feta Cheese



Chicken Thigh



Balsamic Vinegar



Rocket

MEAL BAG

40 mins

2 of your 5 a day

A delicious mix of roasted squash and red onions, creamy feta, crispy pan-fried chicken and peppery rocket, this bountiful bowl of goodness is the perfect thing to fill you up after a long day. Quick and easy to prep, the fresh flavours in this dish capture the arrival of spring perfectly. Great for a healthy mid-week dinner, this dish is guaranteed to hit the spot.



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray** and **Frying Pan**. Now, let's get cooking!



1 PREP THE SQUASH

Preheat your oven to 220°C. Trim the **butternut squash** then halve lengthways and scoop out the seeds. Chop it widthways into 2cm wide lengths, then chop into 2cm chunks (no need to peel).



2 ROAST THE SQUASH

Pop the **squash** onto a large baking tray in a single layer, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss together to coat in the **oil**, then roast on the top shelf of your oven until soft and golden, 25-30 mins.



3 FINISH THE PREP

Meanwhile, halve the **red onion**, peel and then chop each half into five wedges. Break the **feta** up into roughly 2cm chunks.



4 ADD THE ONIONS

When the **squash** has been in your oven for 20 mins, remove and add the **onion wedges** to the tray. Mix around to combine everything together, then continue roasting until the **onion** has softened and the **squash** is golden and soft, another 10-15 mins.



5 COOK THE CHICKEN

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, lay in the **chicken thighs** (flat) and fry until golden, 6-7 mins on each side. **IMPORTANT:** The **chicken** is cooked when it is no longer pink in the middle. Once cooked, remove the **chicken** to a board and leave to rest for 2 mins.



6 FINISH AND SERVE

Once everything is cooked, remove the **veggies** from the oven. Thinly slice the **chicken thighs**. Pop the **balsamic vinegar** and **rocket** in a large bowl and mix together. Add in the **squash**, **red onion** and **half the feta**. Toss everything together. Serve in bowls with the **chicken** on top and the remaining **feta** sprinkled over. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Butternut Squash *	1 small	1 large	2 small
Red Onion *	1	2	2
Feta Cheese 7) *	1 block	1½ blocks	2 blocks
Chicken Thigh *	4	6	8
Balsamic Vinegar 14)	1 sachet	2 sachets	2 sachets
Rocket *	1 bag	1½ bags	2 bags

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 546G	PER 100G
Energy (kJ/kcal)	2387 / 571	437 / 105
Fat (g)	27	5
Sat. Fat (g)	12	2
Carbohydrate (g)	24	4
Sugars (g)	14	3
Protein (g)	60	11
Salt (g)	1.11	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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