



# Crispy-Skinned Chicken

with Butternut Squash & Mozzarella Jumble



## HELLO BUTTERNUT SQUASH

Although technically a fruit, this squash is more often cooked and served as a vegetable.



Butternut Squash



Red Onion



Ground Cumin



Chicken Breast



Balsamic Vinegar



Cherry Tomatoes



Basil



Mozzarella Cheese

MEAL BAG

35 mins

2.5 of your 5 a day

This lovely colourful jumble is super summery. Butternut squash can be a bit of a workout to prepare but our chef Mimi recommends investing in a sharp knife. You'll be astonished at how much easier it makes life in the kitchen!

## BEFORE YOU START

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



### 1 PREP THE VEGGIES

Preheat your oven to 220°C. Halve the **butternut squash** lengthways and scrape out the seeds with a spoon. Cut into 1cm thick slices, then chop into 1cm cubes (no need to peel). Halve, peel and thinly slice the **red onion** into half moons.



### 2 ROAST THE BUTTERNUT

Put the **butternut** on a baking tray and drizzle over some **oil**. Season with a pinch of **salt** and a grind of **pepper**. Sprinkle over the **cumin** and toss to coat. Pop on the top shelf of your oven. Roast until soft, 25-30 mins.



### 3 COOK THE CHICKEN

Pour a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken** with a pinch of **salt** and a grind of **pepper**. Lay in the pan, skin-side down. Fry until the skin is browned, 3-4 mins. Then turn and cook on the flesh side, 1-2 mins. Transfer to the baking tray with the **butternut squash**, skin-side up. Roast for 20 mins. ★ **TIP:** *The chicken is cooked when it is no longer pink in the middle.*



### 4 CARAMELISE THE ONION

Put your now empty frying pan back on medium heat and add the **onion**. Cook until softened, 6-8 mins. Then add the **balsamic vinegar**. Stir together and cover with a lid or a plate. Cook until caramelised, 6-8 mins.



### 5 MIX THE JUMBLE

Cut the **cherry tomatoes** in half through the equator and pop them in a mixing bowl. Finely chop the **basil** (stalks and all) and add to the bowl. Drain the **mozzarella cheese** and tear into small pieces. Add to the bowl, along with a good glug of **olive oil**, a pinch of **salt** and a grind of **pepper**. Mix everything together.



### 6 FINISH AND SERVE

Once the **chicken** is cooked, remove it from the oven and leave to rest on a chopping board for a couple of mins. When your **butternut** and **onions** are ready, add them to the bowl with the **jumble** and gently combine. Cut the **chicken** into 1cm thick slices. Serve a good spoonful of **jumble** on a plate and top with your **sliced chicken**. **Devour!**

## 2 PEOPLE INGREDIENTS

Butternut Squash, chopped	1
Red Onion, sliced	1
Ground Cumin	1½ tsp
Chicken Breast	2
Balsamic Vinegar <sup>14)</sup>	1 tbsp
Cherry Tomatoes, halved	1 punnet
Basil, chopped	1 bunch
Mozzarella Cheese, torn <sup>7)</sup>	1 ball

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 707G	PER 100G
Energy (kcal)	562	87
(kJ)	2351	366
Fat (g)	27	4
Sat. Fat (g)	13	2
Carbohydrate (g)	29	4
Sugars (g)	19	3
Protein (g)	50	7
Salt (g)	0.57	0.08

### ALLERGENS

<sup>7)</sup> Milk <sup>14)</sup> Sulphites

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

### 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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