



# Cumin Chicken

with Root Vegetable Salad and Garlic Yogurt Dressing

N° 9

**FAMILY** Hands on Time: 30 Minutes • Total Time: 40 Minutes • 2 of your 5 a day



Aubergine



Carrot



Potato



Echalion Shallots



Garlic Clove



Ground Cumin



Skin-On  
Chicken Breast



Lemon



Coriander



Natural Yoghurt



## Before you start

Our fruit and veggies need a little wash before you use them!

### Basic cooking tools, you will need:

Large Baking Tray, Frying Pan and Fine Grater.

### Ingredients

	2P	3P	4P
Aubergine**	1	1½	2
Carrot**	2	3	4
Potato**	1	2	2
Echalion Shallots**	1	2	2
Garlic Clove**	1	1½	2
Ground Cumin	1 small pot	¾ large pot	1 large pot
Skin-On Chicken Breast**	2	3	4
Lemon**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Natural Yoghurt 7)**	1 pouch	1½ pouches	2 pouches
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	724g	100g
Energy (kJ/kcal)	2366 / 566	327 / 78
Fat (g)	19	3
Sat. Fat (g)	5	1
Carbohydrate (g)	55	8
Sugars (g)	22	3
Protein (g)	44	6
Salt (g)	0.40	0.06

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 7) Milk

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.

### Contact

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## 1. Chop the Veg

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 3cm pieces. Trim the **carrots** (no need to peel) and cut into batons about the size of your index finger. Chop the **potatoes** into 2cm chunks (no need to peel!). Halve and peel the **shallot**. Cut each half lengthways into quarters.



## 4. Make the Dressing

In the meantime, zest and halve the **lemon**. Roughly chop the **coriander** (stalks and all). Pop the **yogurt** into a small bowl. Add the **juice** from **half the lemon** and the **olive oil** (see ingredients for amount). Once the **garlic cloves** are cool enough to handle, squeeze the **garlic** from its skin, mash with a fork or grate into the **dressing** (or use a garlic press). **TIP:** Add the garlic to taste, you don't have to use it all! Season to taste with salt and pepper.



## 2. Cook the Veg

Pop the **potatoes** onto one large baking tray and the rest of the **veg** onto another. Add the **whole garlic clove** (still in its skin!) onto the tray with the **potatoes**. Add a good pinch of **salt** and **pepper** to both trays. Drizzle over some **oil**. Toss to coat everything well, then pop the **potatoes** onto top shelf of the oven and the rest of the **veg** onto the middle shelf. Cook until golden and crispy, 25-30 mins. Turn halfway through and remove the **garlic cloves**.



## 5. Assemble

Once the **veggies** are out of the oven and the **chicken** is cooked, pop all the **veggies** (including the potatoes) into a large mixing bowl along with **half the coriander**, the **lemon zest** and any **cooking juices** from the **chicken**. Toss to combine. Thinly slice the **chicken**.



## 3. Cook the Chicken

Meanwhile, sprinkle the **cumin** over the **chicken** and add a good pinch of **salt** and **pepper**. Rub everything in to coat. **IMPORTANT:** Remember to wash your hands after handling raw meat! Heat a splash of **oil** in a frying pan on medium-high heat. Pop the **chicken** into the pan (skin-side down). Cook until the skin is crispy, 4-5 mins. Turn over and cook for 2 mins. Pop onto the **potato** tray (skin-side up) and cook for the final 15 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle!



## 6. Service!

Divide the **roasted vegetables** between your plates and place the **chicken** on top. Drizzle over the **yogurt dressing** and sprinkle over the remaining **coriander**. Serve with the remaining **lemon**, chopped into **wedges**, for squeezing over.

**Enjoy!**