



Dukkah Crusted Chicken

with Feta and Roasted Veggies



HELLO SWEET POTATO

Sweet potatoes are the official vegetable for North Carolina!



Sweet Potato



Red Onion



Red Pepper



Courgette



Flat Leaf Parsley



Feta Cheese



Dukkah Spice Mix



Chicken Breast



Lemon



Honey

MEAL BAG

40 mins

4.5 of your 5 a day

The Egyptian blend of dukkah is no ordinary spice mix, which is exactly why it's the showstopper in tonight's recipe. A crunchy, subtle mix of roasted hazelnut, sesame and thyme, we've used dukkah to crust tonight's roasted chicken which works beautifully with creamy feta, lemony courgette and smoky roasted vegetables. If you're looking for a quick fix dinner with big flavours, this is the one!

BEFORE YOU START

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



1 PREP TIME!

Preheat your oven to 200°C. Chop the **sweet potato** (no need to peel!) into 2cm cubes. Halve, peel and chop each **red onion** into four wedges. Halve, then remove the core from the **red pepper** and chop into 2cm chunks. Remove the ends from the **courgette** and slice into 1cm thick rounds. Roughly chop the **parsley** (stalks and all) and crumble the **feta cheese**.



2 ROAST THE VEGGIES

Place the **sweet potato**, **pepper** and **onion** on a lined baking tray, drizzle over some **oil** and a pinch of **salt** and **pepper**. Turn to coat in the seasoning, then roast on the top shelf of your oven until the **veggies** are soft and slightly caramelised, 30 mins. Turn halfway through cooking.



3 COAT THE CHICKEN

Put **half** the **dukkah spice mix** in a large bowl with the **olive oil** (amount specified in the ingredient list). Toss the **chicken** in the **dukkah mix** until each **breast** is nicely coated. Season with **salt** and **pepper**.

★ **TIP:** Remember to wash your hands after handling raw meat!



4 COOK THE CHICKEN

Heat a frying pan over medium-high heat (no oil). Lay in the **chicken** and cook until browned, 2 mins on each side. ★ **TIP:** Make sure the pan isn't so smoking hot that you burn the dukkah! Transfer to another baking tray. When the veggies have been cooking for 15 mins, put the **chicken** on the middle shelf of your oven to cook for the remaining 15 mins. ★ **TIP:** The chicken is cooked when it is no longer pink in the middle.



5 CHAR THE COURGETTE

Meanwhile, squeeze the **lemon juice** into a small bowl, stir in the **honey**, remaining **dukkah** and the **olive oil** (amount specified in the ingredient list). Dressing made! Wash the frying pan that you used for the chicken and put on high heat. When the pan is hot, add the **courgette slices** (no oil). Cook until lightly charred, 3-4 mins on each side. When charred, transfer to a plate and season with **salt** and **pepper**.



6 FINISH OFF

When the **chicken** is cooked, remove from the oven and rest on a chopping board for a couple of minutes. Add the **courgette** to the **veggie** tray in your oven and heat through while the **chicken** rests, 2-3 mins. Once rested, cut the **chicken** into 2cm thick slices. Serve the **veggies** on plates, sprinkle the **parsley** and **feta** over and top with the **chicken** slices. Finish with the **lemony dressing**. Enjoy!

2 PEOPLE INGREDIENTS

Sweet Potato, chopped	1
Red Onion, chopped	1
Red Pepper, chopped	1
Courgette, sliced	1
Flat Leaf Parsley, chopped	1 small bunch
Feta Cheese, crumbled 7)	1 block
Dukkah Spice Mix 1) 2) 3) 10)	2 tbsp
Olive Oil for the Chicken*	1 tbsp
Chicken Breast	2
Lemon	½
Honey	1 tbsp
Olive Oil for the Dressing*	2 tbsp

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 667G	PER 100G 100G
Energy (kcal)	787	118
(kJ)	3305	495
Fat (g)	45	7
Sat. Fat (g)	13	2
Carbohydrate (g)	44	7
Sugars (g)	25	4
Protein (g)	55	8
Salt (g)	1.63	0.24

ALLERGENS

1) Peanut 2) Nut 3) Sesame 7) Milk 10) Celery

Dukkah Spice Mix: Sesame seeds, Almonds, Hazelnuts, Peanuts, Walnuts, Pumpkin seeds, Sunflower seeds, Poppy seeds, Thyme, Coriander, Cumin, Celery salt, Black pepper, Paprika, Cayenne.

🧼 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

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