



Everything
But The Chef

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WK08
2015



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Dukkah Chicken with Spicy Carrot Hummus

Rumour has it “The Bangles” were chowing down on this succulent chicken coated in the dry roasted nuts, seeds and spices from our Eastern friends, when they wrote “Walk like an Egyptian”. Go on, bust out a move, you know you want to!



30 mins



level 2



Chicken Breast



Carrot



Tahini



Chickpeas



Garlic



Parsley



Dukkah



Mixed Salad

2P	4P	Ingredients	
1	2	carrot, diced	A
1/3 cup	2/3 cup	olive oil*	
1 tin	2 tins	chickpeas, drained & rinsed	B
20 g	40 g	tahini	
2	4	garlic cloves, peeled & crushed	⊕
1/2 cup	1 cup	water*	
2 tbs	4 tbs	parsley, roughly chopped	
40 g	80 g	HelloFresh dukkah spice mix	
350 g	700 g	chicken breasts	
70 g	140 g	mixed salad, washed	⊕
1	2	tomato, chopped	⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2120	Kj
Protein	60.7	g
Fat, total	17	g
-saturated	3.2	g
Carbohydrate	21.8	g
-sugars	4.3	g

Measuretool

0 cm	1 cm	2 cm



1 Preheat your oven to **200°C/180°C** fan-forced.



2 To make the hummus you will need a blender. You will be able to achieve a similar result by mashing the hummus ingredients. You can get your hands on a stick blender for about \$20 these days and it will be one of the handiest pieces of kitchen kit you will ever own.

3 Toss the **carrot** in half of the **olive oil** and roast on a lined baking tray for **20 minutes** or until soft. Combine the roasted carrot, **chickpeas**, **tahini**, **garlic**, **water**, and **parsley** in a blender or food processor and pulse until well combined but still a little chunky. Season to taste with **salt** and **pepper**.



4 While you're roasting the carrot, combine the **dukkah** with the remaining olive oil and use to cover the **chicken** with a good crust. Preheat a lightly oiled frying pan or griddle pan to a medium heat and cook the chicken for about **4-5 minutes** on each side or until it's cooked through. You may need to turn the chicken a number of times to prevent the crust from burning. If you are scared of burning your crust and don't have time to watch it, quickly brown the chicken in a pan and finish cooking the breast in the microwave for about **3 minutes** or until cooked through.



5 Serve the dukkah chicken with a generous portion of your homemade hummus and **mixed salad**, tossed with the **tomato** and drizzled with a dressing of your choice.