



Everything
But The Chef

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Moroccan Summer Salad

Morocco is one of the most diverse countries in Africa, with high mountains, sweeping deserts and rugged coastline – let's just say it has something for everyone; as does this dinner favourite. The zesty sweet orange is paired against the peppery bitterness of rocket and the succulent chicken will melt in your mouth upon first bite. Enjoy!



Chicken Thigh



Moroccan Spice



Fennel



Orange




Chickpeas




Rocket



Mint

2P	4P	Ingredients
2 tsp	4 tbs	HelloFresh Moroccan spice mix
2 tbs	4 tbs	olive oil *
300 g	600 g	chicken thigh, roughly chopped
1	2	orange, peeled & segmented
1 bulb	2 bulbs	fennel, finely sliced
1 tin	2 tins	chickpeas, drained & rinsed A
70 g	140 g	rocket, washed
1 tbs	2 tbs	mint, roughly chopped 

 May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2230	Kj
Protein	41	g
Fat, total	25.3	g
-saturated	5.4	g
Carbohydrate	32.2	g
-sugars	4.9	g

Measuretool

0 cm	1 cm	2 cm



1 In a small bowl add in the **HelloFresh Moroccan spice mix** and the **olive oil** and stir to combine, add the **chicken** to the bowl and coat well with the spice mix. Heat some oil in a pan over a medium-high heat and add the chicken, cook for **3-4 minutes** on each side or until the chicken is cooked through (it's really not good raw!). Remove from the pan and leave aside to cool.



2 To segment the **orange** - cut the ends off the orange so it sits flat. Remove the skin, being careful not to cut into the flesh. Hold the orange over a bowl and reserve the juice. Cut down either side of the white membrane then push gently so the segments slip out.



3 Prepare the **fennel** by thinly shaving the bulb with a sharp knife. Work up the stalks until they become too woody. Set aside any remaining fronds for tossing through the salad.



4 Place the orange segments, fennel, **chickpeas**, and the **rocket** into a large salad bowl. Place the chicken into the salad bowl and toss well to combine. Dress the salad with a little olive oil and orange juice. Season well with **salt** and **pepper**.

5 Divide the salad between bowls, garnish with the chopped **mint** and dive into this fresh Summer salad.

Did you know? Chickpeas are one of the earliest cultivated pulses; 7,500-year-old remains have been found in the Middle East.