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## **Dukkah Chicken with Roast Vegetables**

A feast for the eyes and the tastebuds, this colourful confetti of roasted vegetables is sure to put you in a good mood. Such a delicious concoction needs an equally bold buddy, and what better than the fragrant dukkah spice blend to really liven up the party? This recipe is a cinch to prepare so get to it!



Prep: 10 mins
Cook: 30 mins
Total: 40 mins
high



level 1



gluten free



Pantry Items: Olive Oil



Sweet Potato



Zucchini



Red Onion



Red Capsicum



Chicken Breast







Dukkah

Lemon

Parsley

Fetta Cheese

	2P	4P	Ingredients		
	1	2	sweet potato, unpeeled & cut into 1 cm cubes		
	1	2	zucchini, cut into 2 cm chunks		#
	1/2	1	red onion, cut into 1 cm thick wedges		#
	1/2	1	red capsicum, cut into 2 cm chunks	Α	<del>(1)</del>
	1 tbs	2 tbs	olive oil *		
	2 fillets	4 fillets	chicken breasts		
	2 tbs	4 tbs	dukkah		
	½ bunch	1 bunch	parsley, finely chopped		<b>⊕</b>
	½ block	1 block	fetta cheese, crumbled		0
	1/2	1	lemon, cut into wedges		<del>1</del>

May feature in another recipe

\* Pantry Items

## **Nutrition per serving**

Energy	2120	Kj
Protein	38.1	g
Fat, total	25.8	g
-saturated	7.5	g
Carbohydrate	27.1	g
-sugars	13.3	g
Sodium	702	mo

## Measuretool

0 cm 1 cm 2 cm

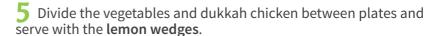
**Disclaimer:** Sweet potatoes naturally vary in size, you may be supplied with a greater amount than specified. Please use the supplied amount.



You will need: chopping board, chef's knife, oven tray lined with baking paper, a plate, a bowl, and an ovenproof frying pan.

- Preheat the oven to 200°C/180°C fan-forced.
- 2 Toss the sweet potato, zucchini, red onion and red capsicum in half of the olive oil, season with salt and pepper and place on the lined oven tray. Cook in the oven for 30 minutes or until the vegetables are tender and golden.
- 3 Meanwhile, toss the **chicken breasts** with the **dukkah** until they are lightly coated in the mix. Heat the remaining olive oil in an ovenproof frying pan over a medium-high heat and cook the chicken for **2 minutes** on each side. Transfer the chicken to the oven for the last **10 minutes** of the vegetable cooking time. If you don't have an ovenproof pan simply transfer the chicken to a lined oven tray.











**Did you know?** Dukkah is a delicious blend of spices and seeds that was traditionally spelt 'dugga' and translates to "to pound" in Egyptian Arabic.