



Everything
But The Chef

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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
level 1
high protein
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
½	1	red onion, cut into 1 cm thick wedges
½	1	red capsicum, cut into 2 cm chunks
1 tbs	2 tbs	olive oil *
2 fillets	4 fillets	chicken breasts
2 tbs	4 tbs	dukkah
½ bunch	1 bunch	parsley, finely chopped
½ block	1 block	fetta cheese, crumbled
½	1	lemon, cut into wedges

⊕ 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	mg

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.

1 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.

4 Toss the **parsley** and **fetta cheese** through the roasted vegetables.

5 Divide the vegetables and dukkah chicken between plates and serve with the **lemon wedges**.



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