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Dukkah Chicken with Roast Vegetables & Fetta Cheese

Eat like an Egyptian with this dukkah sensation (dance moves optional!). Keep it simple tonight with this golden dukkah crusted chicken paired perfectly with a roasted ratatouille. Set and forget the veggies as they roast; it ticks all the boxes; healthy, easy and delicious.

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

 **level 1**
 **eat me early**

Pantry Items



Olive Oil



Sweet Potato



Zucchini



Red Onion



Red Capsicum



Chicken Breast



Dukkah



Lime



Parsley



Fetta Cheese

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2P	4P	Ingredients
400 g	800 g	sweet potato, unpeeled & cut into 1 cm cubes
1	2	zucchini, cut into 2 cm chunks
1	2	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 breast
2 tbs	4 tbs	dukkah
1 bunch	2 bunches	parsley, finely chopped
1 block	2 blocks	fetta cheese, crumbled
½	1	lime, cut into wedges

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2620	Kj
Protein	52.1	g
Fat, total	27.2	g
-saturated	8.1	g
Carbohydrate	38.8	g
-sugars	19.4	g
Sodium	749	mg

Disclaimer: Sweet potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



You will need: chef's knife, chopping board, plate, bowl, oven tray lined with baking paper, 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 breast fillets** 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 baking paper lined oven tray.

4 Remove the vegetables from the oven and toss through the **parsley** and **fetta cheese**.

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



Did you know? Capsicum is actually a fruit!