



Moroccan Chicken & Roast Veggie Toss

with Fetta & Garlic Sauce

KID FRIENDLY

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Beetroot



Chicken Tenderloins



Ras El Hanout



Baby Spinach Leaves



Fetta Cubes



Garlic Sauce



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 40-50 mins

Eat Me Early



Calorie Smart*

*Custom recipe is not Calorie Smart or Dietitian Approved

A feast for the eyes and the tastebuds, this colourful confetti of roasted veggies is sure to put you in a good mood... especially when topped with juicy, ras el hanout coated chicken. Tie the components together with crumbled feta for a little saltiness and tang, plus our garlic sauce for creaminess.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
carrot	1	2
beetroot	1	2
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
ras el hanout	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
fetta cubes	1 medium packet	1 large packet
garlic sauce	1 medium packet	2 medium packets
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2304kJ (551Cal)	359kJ (86Cal)
Protein (g)	48.4g	7.5g
Fat, total (g)	18.2g	2.8g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	48g	7.5g
- sugars (g)	27.9g	4.3g
Sodium (mg)	639mg	99mg
Dietary Fibre (g)	23.2g	4.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3018kJ (721Cal)	374kJ (89Cal)
Protein (g)	85g	10.5g
Fat, total (g)	20.7g	2.6g
- saturated (g)	4.9g	0.6g
Carbohydrate (g)	48g	5.9g
- sugars (g)	27.9g	3.5g
Sodium (mg)	709mg	88mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** and **carrot** into bite-sized chunks.
- Cut **beetroot** into 1cm chunks.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned and cooked through (when no longer pink inside), **3-4 minutes** each side.
- Remove from heat, add the **honey** to the pan and toss to coat.
- Transfer to a plate and set aside.

Custom Recipe: If you've doubled your chicken tenderloins, cook in batches for the best results.



Roast the veggies

- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Toss the veggies

- To tray with roasted veggies, add **baby spinach leaves** and a drizzle of the **vinegar**.
- Season to taste. Toss to coat.



Prep the chicken

- In a medium bowl, combine **chicken tenderloins**, **ras el hanout** and a drizzle of **olive oil**. Turn **chicken** to coat.

Little cooks: Help coat the chicken in the seasoning!



Serve up

- Divide roast veggie toss between bowls.
- Crumble **fetta cubes** over the veggies, then top with ras el hanout chicken.
- Serve with **garlic sauce**. Enjoy!

Little cooks: Add the finishing touch by drizzling over the garlic sauce and crumbling over the fetta!

We're here to help!

Scan here if you have any questions or concerns



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