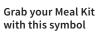


# Moroccan Chicken & Roast Veggie Toss

with Fetta & Garlic Sauce

KID FRIENDLY

**DIETITIAN APPROVED\*** 









**Sweet Potato** 





Beetroot

Chicken Tenderloins





Ras El Hanout

**Baby Spinach** 





Fetta Cubes

Garlic Sauce



**Pantry items** 



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



Calorie Smart\*

\*Custom recipe is not Calorie Smart or Dietitan 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 fetta for a little saltiness and tang, plus our garlic sauce for creaminess.

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

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	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		

<sup>\*</sup>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)	<b>3018kJ</b> (721Cal)	<b>374kJ</b> (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.



### 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.



### 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!



### 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.



### Toss the veggies

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



### 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!

Scan here if you have any questions or concerns





#### Rate your recipe

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