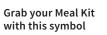


Moroccan Chicken & Roast Veggie Toss

with Fetta & Garlic Sauce

KID FRIENDLY

DIETITIAN APPROVED















Chicken Breast

Garlic Sauce

Pumpkin





Hanout



Fetta Cubes







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

Eat Me Early



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 breast. 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

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 \cdot Large frying pan

Ingredients

ingredients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
beetroot	1	2		
peeled & chopped pumpkin	1 small bag	1 medium bag		
chicken breast	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 breast**	1 small packet	2 small packets OR 1 large packet		
U		2 small packets		

^{*}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)	13.5g	2.1g

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.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

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



Roast the veggies

- Place prepped veggies and peeled & chopped pumpkin 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

- While the veggies are roasting, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine ras el hanout and a drizzle of olive oil. Add chicken, turning to coat.

Little cooks: Help coat the chicken in the seasoning!

Custom Recipe: If you've doubled your chicken breast, prepare chicken as above.



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 the heat, add the **honey** to the pan and toss to coat.
- Transfer to a plate and set aside.

Custom Recipe: Cook chicken in batches for the best results, returning all chicken to the pan before adding the honey.



Toss the veggies

- To the 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!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate