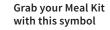


Chermoula Chicken & Roast Veggie Toss

with Almonds & Golden Goddess Dressing

EXPLORER











Red Onion



Snacking Tomatoes



Chermoula Spice





Baby Spinach

Chicken Thigh





Golden Goddess



Garlic Sauce



Flaked Almonds



Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me Early



Everyone will love the mild spices and colourful veggies in this low-carb chermoula chicken dish. For the finishing touch, our new golden goddess dressing adds that something tangy and creamy to bring it all together.

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

Pantry items Olive Oil, Butter

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

ingi calcino				
	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
zucchini	1	2		
red onion	1	2		
beetroot	1	2		
snacking tomatoes	1 punnet	2 punnets		
chermoula spice blend	1 sachet	2 sachets		
chicken thigh	1 small packet	2 small packets OR 1 large packet		
butter*	20g	40g		
baby spinach leaves	1 small bag	1 medium bag		
golden goddess dressing	1 packet	2 packets		
garlic sauce	1 medium packet	2 medium packets		
flaked almonds	1 medium packet	1 large packet		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2261kJ (540Cal)	349kJ (83Cal)
Protein (g)	39.2g	6g
Fat, total (g)	32.4g	5g
- saturated (g)	9.2g	1.4g
Carbohydrate (g)	23.3g	3.6g
- sugars (g)	18.1g	2.8g
Sodium (mg)	925mg	143mg
Dietary Fibre (g)	13.1g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2185kJ (522Cal)	337kJ (81Cal)
Protein (g)	42.8g	6.6g
Fat, total (g)	28.7g	4.4g
- saturated (g)	8.1g	1.2g
Carbohydrate (g)	23.3g	3.6g
- sugars (g)	18.1g	2.8g
Sodium (mg)	908mg	140mg
Dietary Fibre (g)	13.2g	2g

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





Prep the veg

- Preheat oven to 240°C/220°C fan-forced. Cut carrot, zucchini and red onion into bite-sized chunks.
- Cut beetroot into small chunks.
- Halve snacking tomatoes.
- Place carrot, zucchini, onion and beetroot on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Roast until tender, 20-25 minutes. Set aside to cool.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Add the baby spinach

• To the tray with the roasted veggies, add baby spinach leaves, tomatoes and golden goddess dressing. Gently toss to combine and season to taste.

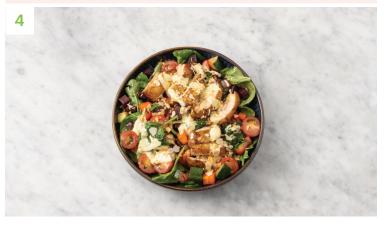


Cook the chicken

- When the veggies have 15 minutes remaining, in a large bowl, combine chermoula spice blend, a drizzle of olive oil and a pinch of salt. Add chicken thigh, toss to combine.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **chicken**, turning occasionally, until browned and cooked through, 10-14 minutes (depending on thickness).
- In the last minute, add the butter, turning chicken to coat.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Coat chicken and heat pan as above. Cook chicken steaks until browned and cooked through (when no longer pink inside), 3-6 minutes each side. In the last minute, add the butter, turning chicken to coat.



Serve up

- · Slice the chicken.
- Divide the roast veggie toss and chermoula chicken between bowls.
- Dollop over garlic sauce and sprinkle over flaked almonds to serve. Enjoy!

Rate your recipe

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