



Chermoula Chicken & Roast Veggie Toss

with Almonds & Golden Goddess Dressing

EXPLORER

Grab your Meal Kit with this symbol



Carrot



Zucchini



Red Onion



Beetroot



Snacking Tomatoes



Chermoula Spice Blend



Chicken Thigh



Baby Spinach Leaves



Golden Goddess Dressing



Garlic Sauce



Flaked Almonds



Chicken Breast

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

Carb Smart

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

	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



1



Cook the veggies

- 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.

3



Add the baby spinach

- Add **baby spinach leaves, tomatoes** and **golden goddess dressing** to the tray with the roasted veggies.
- Gently toss to combine and season to taste.

2



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** and toss to combine.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, turning occasionally, until browned and cooked through (when no longer pink inside), **10-14 minutes** (depending on thickness).
- In the **last minute**, add the **butter**, turning 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 each chicken breast and slice through horizontally to make two thin steaks. Coat chicken and heat pan as above. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side. In the last minute, add the butter, turning to coat.

4



Serve up

- Slice chicken.
- Divide the roast veggie toss and chermoula chicken between bowls.
- Serve with **garlic sauce** and sprinkle over **flaked almonds**. Enjoy!

Rate your recipe

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