



# Middle Eastern Roast Chicken & Flatbreads

with Sweet Potato Fries, Pickled Onion & Cucumber Salsa

TASTE TOURS

Grab your Meal Kit with this symbol



Half Chicken



Ras El Hanout



Dried Oregano



Sweet Potato



Red Onion



Tomato



Cucumber



Parsley



Garlic Sauce



Fetta Cubes



Flatbread



Chicken Salt



Babaganoush

Prep in: 30-40 mins  
Ready in: 45-50 mins

Eat Me Early

Oozing with all of our favourite Middle-Eastern flavours, this roast chicken and chips combo will be worth the wait. While they are crisping up in the oven, take charge of prepping the salsa and the flatbreads and you'll be ready to dive into this meal as soon as the timer goes off!

### Pantry items

Olive Oil, White Wine Vinegar, Honey, 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

Large frying pan · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
half chicken	1 packet	2 packets
ras el hanout	1 medium sachet	1 large sachet
dried oregano	½ medium sachet	1 medium sachet
<b>salt*</b>	¼ tsp	½ tsp
sweet potato	2	4
red onion	1	2
<b>white wine vinegar*</b>	¼ cup	½ cup
tomato	1	2
cucumber	1	2
parsley	1 packet	1 packet
<b>honey*</b>	1 tbs	2 tbs
<b>butter*</b>	20g	40g
garlic sauce	1 medium packet	2 medium packets
fetta cubes	1 medium packet	1 large packet
flatbread	4	8
chicken salt	1 medium sachet	2 medium sachets
babaganoush	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5606kJ (1340Cal)	563kJ (135Cal)
Protein (g)	90.9g	9.1g
Fat, total (g)	74.8g	7.5g
- saturated (g)	22.3g	2.2g
Carbohydrate (g)	73.5g	7.4g
- sugars (g)	19.2g	1.9g
Sodium (mg)	1854mg	186mg
Dietary Fibre (g)	11g	1.1g

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

1



## Start the chicken

- Preheat oven to **240°C/220°C fan-forced**.
- In a large bowl, combine **half chicken**, **ras el hanout**, **dried oregano** (see ingredients), the **salt** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Sear **chicken**, skin side down first, until browned, **4-5 minutes** each side.
- Transfer **chicken** to a lined oven tray and roast until cooked through, **25-30 minutes**.

**TIP:** Chicken is cooked through when it's no longer pink inside.

4



## Finish the chicken

- In a small heatproof bowl, add the **honey** and **butter** and microwave in **10 second** bursts, until melted. Stir to combine.
- When chicken has **5 minutes** remaining, remove from oven and brush over **honey butter**.
- Roast, until browned. Set aside to rest, **5-10 minutes**.
- Meanwhile, in a small bowl, add **garlic sauce** and **fetta cubes**. Mash to combine.
- Drain **pickled onion** and add to bowl with cucumber salsa. Toss to combine. Season.

2



## Bake the sweet potato fries

- Meanwhile, cut **sweet potato** into fries.
- Place **sweet potato fries** on a second lined oven tray. Drizzle with **olive oil** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the sweet potato fries between two trays.

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## Toast the flatbreads

- Drizzle (or brush) each **flatbread** with **olive oil**. Wipe out frying pan and return to medium-high heat.
- Cook **flatbreads** in batches, until golden and warmed through, **1-2 minutes** each side.

3



## Pickle the onion

- Meanwhile, thinly slice **red onion**.
- In a medium bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch sliced **onion** in your hands, then add it to **pickling liquid**. Add enough **water** to just cover onion. Set aside.
- Roughly chop **tomato**, **cucumber** and **parsley**.
- In a second medium bowl, combine **tomato**, **cucumber**, **parsley**, a splash of **pickling liquid** and a drizzle of **olive oil**.

6



## Serve up

- Sprinkle **chicken salt** over the tray with sweet potato fries and toss to combine.
- Carve chicken in half.
- Bring Middle Eastern roast chicken, flatbreads, sweet potato fries, pickled onion and cucumber salsa to the table.
- Serve with **babaganoush** and garlic-fetta sauce. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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