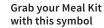


Middle Eastern Roast Chicken & Flatbreads

with Sweet Potato Fries, Pickled Onion & Cucumber Salsa

TASTE TOURS









Half Chicken



Dried Oregano



Sweet Potato



Red Onion





Cucumber







Garlic Sauce



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

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	2 People	4 People	
olive oil*	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	
salt*	1/4 tsp	½ tsp	
sweet potato	2	4	
red onion	1	2	
white wine vinegar*	1/4 cup	½ cup	
tomato	1	2	
cucumber	1	2	
parsley	1 packet	1 packet	
honey*	1 tbs	2 tbs	
butter*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



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.



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.



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!

