



Quick Chermoula-Honey Chicken Salad

with Charred Capsicum & Babaganoush

TASTE OF THE MIDDLE EAST

CLIMATE SUPERSTAR

Grab your meal kit with this number

5



Capsicum



Tomato



Spring Onion



Chicken Breast



Chermoula Spice Blend



Babaganoush



Spinach & Rocket Mix



Golden Goddess Dressing



Pepitas



Chicken Breast



Salmon

Recipe Update

We've replaced the cucumber in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Protein Rich

Eat Me Early

These chermoula-honey chicken tenders deserve a salad that is just as tasty as they are. Stepping up to the plate today, is charred capsicum, spring onion, pepitas and babaganoush, all ready to take you on a Middle Eastern flavour adventure!

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
tomato	1	2
spring onion	1 stem	2 stems
chicken breast	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
babaganoush	1 packet	2 packets
honey*	1 tsp	2 tsp
spinach & rocket mix	1 medium packet	2 medium packets
golden goddess dressing	1 packet	2 packets
vinegar* (white wine or balsamic)	drizzle	drizzle
pepitas	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2067kJ (494Cal)	452kJ (108Cal)
Protein (g)	44.3g	9.7g
Fat, total (g)	28.1g	6.1g
- saturated (g)	3.8g	0.8g
Carbohydrate (g)	16.3g	3.6g
- sugars (g)	11.3g	2.5g
Sodium (mg)	814mg	178mg
Dietary Fibre (g)	8.2g	1.8g

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.



Get prepped

- Thinly slice **capsicum**. Thinly slice **tomato** into wedges. Thinly slice **spring onion**. Slice **chicken breast** into thin strips.
- In a medium bowl, combine **chicken**, **chermoula spice blend**, a pinch of **salt** and a drizzle of **olive oil**.
- In a small bowl, combine **babaganoush**, a drizzle of **olive oil**, a pinch of **salt** and a splash of **water**.



Cook chicken

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **chicken strips**, tossing occasionally, until browned and cooked through, **3-4 minutes**.
- Remove from heat, then add the **honey**, turning **chicken** to coat.

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



Cook capsicum

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **capsicum**, tossing, until tender and slightly charred, **4-5 minutes**. Transfer to a large bowl and allow to cool.



Finish & serve

- To the bowl with the capsicum, add tomato, spring onion, **spinach & rocket mix**, **golden goddess dressing** and a drizzle of **vinegar**. Toss to combine and season to taste.
- Divide charred capsicum salad between bowls.
- Top with chermoula-honey chicken and babaganoush.
- Garnish with **pepitas** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM OPTIONS

+ DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

🔄 SWAP TO SALMON

Cook until just cooked through, 2-4 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

