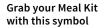


Chermoula Chicken & Roast Veggie Quinoa

with Lemon-Tahini Dressing

























Chicken Tenderloins



Chermoula Spice



Blend

Quinoa





Chicken Stock

Baby Spinach Leaves

Ready in: 35-45 mins Naturally gluten-free Not suitable for Coeliacs

Hands-on: 25-35 mins



Pantry items Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
capsicum	1	2
red onion	1	2
beetroot	1	2
garlic	2 cloves	4 cloves
lemon	1/2	1
tahini	1 tub	2 tubs
chicken tenderloins	1 small packet	1 large packet
chermoula spice blend	1 sachet	2 sachets
tri-colour quinoa	1 packet	2 packets
water*	1½ cups	3 cups
chicken stock	1 cube	2 cubes
baby spinach	1 bag	1 bag
leaves	(30g)	(60g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2702kJ (645Cal)	354kJ (84Cal)
Protein (g)	55.4g	7.3g
Fat, total (g)	20.3g	2.7g
- saturated (g)	7.8g	1g
Carbohydrate (g)	50.4g	6.6g
- sugars (g)	23g	3g
Sodium (mg)	1188mg	156mg

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.



Roast the veggies

Preheat the oven to 240°C/220°C fan-forced. Cut the zucchini into 2cm chunks. Slice the capsicum into 2cm strips. Cut the red onion into 2cm wedges. Cut the beetroot into 1cm cubes. Place on an oven tray lined with baking paper. Drizzle with olive oil and season with salt and pepper. Toss to coat and roast until tender, 25-30 minutes.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Zest the **lemon** to get a generous pinch, then slice into wedges. In a small bowl, combine the **tahini** with a good squeeze of **lemon juice**, then season with **salt** and **pepper**. Set aside. Rub the **chicken tenderloins** with the **chermoula spice blend** and season with **salt** and **pepper**.



Cook the quinoa

Rinse the **tri-colour quinoa** well. Heat a drizzle of **olive oil** in a medium saucepan over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Place the **quinoa**, the **water** and crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people) in the pan and cover with a lid. Bring to the boil, then reduce the heat to medium and simmer, uncovered, until the quinoa is tender and the water is absorbed, **8-10 minutes**. Cover to keep warm.



Cook the chicken

While the **quinoa** is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** (depending on thickness).

TIP: Don't worry if the chicken chars a bit, this adds to the flavour!



Bring it all together

Add the **roast veggies**, **lemon zest**, a squeeze of **lemon juice** and the **baby spinach leaves** to the **quinoa**. Toss to combine and season to taste.



Serve up

Divide the roast veggie quinoa between bowls. Top with the chermoula chicken. Drizzle over the lemon-tahini dressing. Serve with any remaining lemon wedges.

Enjoy!