

Chermoula Chicken & Roast Veggie Quinoa

with Lemon-Tahini Dressing

Grab your Meal Kit with this symbol



Zucchini



Capsicum



Red Onion



Beetroot



Garlic



Lemon



Tahini



Chicken Tenderloins



Chermoula Spice Blend



Tri-Colour Quinoa



Chicken Stock



Baby Spinach Leaves

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Imagine a bed of roast veggie quinoa topped with succulent chermoula-spiced chicken. Now stop imagining, because here it is! Drizzle over a creamy lemon and tahini dressing to bring the flavour factor up a notch!

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 · Medium saucepan with a lid · Large frying pan

Ingredients

| | 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 | ½ | 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 leaves | 1 bag (30g) | 1 bag (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](https://www.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.



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!



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**.



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.



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.



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!