



Chermoula Chicken & Roasted Veggie Toss

with Almonds & Golden Goddess Dressing

Grab your Meal Kit with this symbol



Carrot



Zucchini



Red Onion



Beetroot



Cherry Tomatoes



Chicken Thigh



Chermoula Spice Blend



Baby Spinach Leaves



Golden Goddess Dressing



Slivered Almonds



Garlic Sauce

Hands-on: **15-25 mins**
Ready in: **30-40 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Eat Me Early

Carb Smart

Everyone will love the mild spices and colourful veggies in this low-carb chermoula chicken dish. For the finishing touch, our new golden goddess dressing adds that something tangy and creamy to bring it all together.

Pantry items

Olive Oil, Butter

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
red onion	1	2
beetroot	1	2
cherry tomatoes	1 punnet	2 punnets
chicken thigh	1 small packet	1 large packet
chermoula spice blend	1 sachet	2 sachets
butter*	20g	40g
baby spinach leaves	1 bag (30g)	1 bag (60g)
golden goddess dressing	1 packet (30g)	2 packets (60g)
slivered almonds	1 medium packet	1 large packet
garlic sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2624kJ (627Cal)	387kJ (92Cal)
Protein (g)	41.7g	6.1g
Fat, total (g)	38.4g	5.7g
- saturated (g)	9.7g	1.4g
Carbohydrate (g)	24.5g	3.6g
- sugars (g)	21.3g	3.6g
Sodium (mg)	808mg	119mg
Dietary Fibre (g)	15.6g	2.3g

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.



Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot, zucchini and red onion** into bite-sized chunks. Cut the **beetroot** into small chunks. Slice the **cherry tomatoes** in half.



Roast the veggies

Place the **carrot, zucchini, onion and beetroot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**. Set aside to cool.



Prep the chicken

While the veggies are roasting, combine the **chicken thigh, chermoula spice blend**, a drizzle of **olive oil** and a pinch of **salt** in a large bowl. Toss to combine.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes** (depending on thickness). In the last minute, add the **butter**, turning to coat.

TIP: *The spice blend will char slightly in the pan, this adds to the flavour!*



Add the baby spinach

When the roasted veggies have cooled a little, add the **baby spinach leaves** and **cherry tomatoes** to the oven tray and gently toss to combine.



Serve up

Slice the chicken. Divide the roast veggie toss and chermoula chicken between bowls. Drizzle with the **golden goddess dressing**. Sprinkle with the **slivered almonds** and serve with the **garlic sauce**.

Enjoy!