

Chermoula Chicken & Roasted Veggie Toss

with Almonds & Golden Goddess Dressing

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Cherry Tomatoes









Golden Goddess



Slivered Almonds

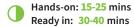
Dressing



Garlic Sauce

Pantry items

Olive Oil, Butter



Eat Me Early



Naturally Gluten-Free Not suitable for coeliacs



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.

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

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	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

Per Serving	Per 100g
2624kJ (627Cal)	387kJ (92Cal)
41.7g	6.1g
38.4g	5.7g
9.7g	1.4g
24.5g	3.6g
21.3g	3.6g
808mg	119mg
15.6g	2.3g
	2624kJ (627Cal) 41.7g 38.4g 9.7g 24.5g 21.3g 808mg

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!