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Dukkah Chicken with Roast Vegetables & Fetta Cheese

Eat like an Egyptian with this dukkah sensation (dance moves optional!). Keep it simple tonight with this golden dukkah crusted chicken paired perfectly with a roasted ratatouille. Set and forget the veggies as they roast; it ticks all the boxes: healthy, easy and delicious.



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



gluten free



eat me early

Pantry Items



Olive Oil



Sweet Potato



Zucchini



Red Onion



Red Capsicum



Chicken Breast



Dukkah



Lemon



Parsley



Fetta Cheese

C5

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2P	4P	Ingredients	
400 g	800 g	sweet potato, unpeeled & cut into 1 cm cubes	
1	2	zucchini, cut into 2 cm chunks	⊕
½	1	red onion, cut into 1 cm thick wedges	⊕
1	2	red capsicum, cut into 2 cm chunks	🌿
1 tbs	2 tbs	olive oil *	
2 fillets	4 fillets	chicken breast	
2 tbs	4 tbs	dukkah	
½ bunch	1 bunch	parsley, finely chopped	⊕
1 block	2 blocks	fetta cheese, crumbled	
½	1	lemon, cut into wedges	⊕

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2570	Kj
Protein	48.6	g
Fat, total	28.1	g
-saturated	8.1	g
Carbohydrate	37.2	g
-sugars	18.7	g
Sodium	734	mg

Disclaimer: Sweet potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



You will need: *chef's knife, chopping board, oven tray lined with baking paper, plate, bowl, and an ovenproof frying pan.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Toss the **sweet potato, zucchini, red onion** and **red capsicum** in half of the **olive oil**, season with **salt** and **pepper** and place on the lined oven tray. Cook in the oven for **30 minutes** or until the vegetables are tender and golden.

3 Meanwhile, toss the **chicken breast fillets** with the **dukkah** until they are lightly coated in the mix. Heat the remaining olive oil in an ovenproof frying pan over a medium-high heat and cook the chicken for **2 minutes** on each side. Transfer the chicken to the oven for the last **10 minutes** of the vegetable cooking time. If you don't have an ovenproof pan, simply transfer the chicken to a baking paper lined oven tray.

4 Remove the vegetables from the oven and toss through the **parsley** and **fetta cheese**.

5 Divide the vegetables and dukkah chicken between plates and serve with the **lemon wedges**.



Did you know? Capsicum is actually a fruit!