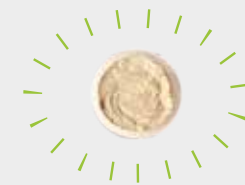




HUMMUS CRUSTED CHICKEN

with Sweet Potato Cubetti & Green Veg



Crust chicken breast with hummus



Sweet Potato



Rosemary



Garlic



Free Range Chicken Thigh



Hummus



Broccoli



Zucchini

Pantry Staples



Olive Oil



Salt-Reduced Soy Sauce

Hands-on: 25 mins
Ready in: 40 mins

Eat me early

This crispy chicken has a big secret: hummus! It's a pretty amazing hack, adding flavour, an amazing crispy crust and keeping your chicken moist all in one.

BEFORE YOU — START

You will need: **chef's knife, chopping board, garlic crusher, two oven trays lined with baking paper, pastry brush or spoon, large frying pan and wooden spoon.** Let's start cooking the **Hummus Crusted Chicken with Sweet Potato Cubetti & Green Veg**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Dice the **sweet potato** (unpeeled) into 1 cm cubes. Pick and finely chop the **rosemary** leaves. Peel and crush the **garlic**.



2 BAKE THE SWEET POTATO

Add the **sweet potato, rosemary** and **1/2 the garlic** to a prepared oven tray with **1/2 the olive oil**. Season with **salt and pepper** and toss to coat in the olive oil. Bake for **20-25 minutes**, or until tender and golden.



3 BAKE THE CHICKEN

Lay the **free range chicken thigh** out on the second prepared oven tray. Season with **salt and pepper** and top with the **hummus**. Spread the hummus over the chicken using a pastry brush or spoon until completely covered. Transfer to the oven and bake for **20 minutes**, or until cooked through. Swap the two oven trays half way through cooking to allow both the chicken and sweet potato to brown.

To get the top of the chicken extra golden, preheat the grill to high and cook the chicken under the grill for 5 minutes after it has finished baking.



4 CHOP THE VEGGIES

Meanwhile, chop the **broccoli** into florets and roughly chop the stalk. Slice the **zucchini** into 0.5 cm thick circles.



5 COOK THE VEGGIES

Heat the **remaining olive oil** in a large frying pan over a medium-high heat. Add the **broccoli** and the **zucchini** and cook for **5 minutes**, or until softened. Add the **remaining garlic** and cook for **1 minute**, or until fragrant. Add the **salt-reduced soy sauce** and cook for a further **2 minutes**, or until the liquid has evaporated.



6 SERVE UP

Divide the hummus crusted chicken, sweet potato cubetti and green veg between plates. Scrape any caramelised hummus from the oven tray and place on top of the chicken.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
sweet potato	800 g
rosemary	1 bunch
garlic	2 cloves
olive oil*	2 tbs
free range chicken thigh	1 packet
hummus	2 tubs (200g)
broccoli	1
zucchini	1
salt-reduced soy sauce*	1 tbs

*Pantry Items | [Ingredient features in another recipe](#)

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2570kJ (615Cal)	432kJ (103Cal)
Protein (g)	42.8g	7.2g
Fat, total (g)	32.3g	5.4g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	34.5g	5.8g
- sugars (g)	14.8g	2.5g
Sodium (mg)	457mg	77mg

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