



# Middle Eastern Yoghurt Chicken

with Roast Veggie Toss & Fetta

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Tomato



Red Onion



Zucchini



Garlic



Lemon



Souk Market Spice Blend



Greek Yoghurt



Chicken Breast



Flaked Almonds



Baby Spinach Leaves



Fetta Cheese

Hands-on: **25-35 mins**  
 Ready in: **35-45 mins**  
**Naturally gluten-free**  
*Not suitable for Coeliacs*

**Calorie Smart**  
**Eat me early**

Combine our popular mild Souk Market spice blend with yoghurt for a tasty marinade that keeps chicken tender as it bakes. Paired with roast veggies and creamy fetta, this nutritionally balanced meal is a flavour sensation!

**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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
carrot	1	2
tomato	1	2
red onion	1	2
zucchini	1	2
salt* (for the veggies)	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
lemon	½	1
souk market spice blend	1 sachet	2 sachets
salt* (for the chicken)	½ tsp	1 tsp
Greek yoghurt	1 packet (100g)	1 packet (200g)
chicken breast	1 small packet	1 large packet
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (60g)	1 bag (120g)
fetta cheese	1 block (25g)	1 block (50g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2623kJ (626Cal)	303kJ (72Cal)
Protein (g)	46.6g	5.4g
Fat, total (g)	23.1g	2.7g
- saturated (g)	7.1g	0.8g
Carbohydrate (g)	49.5g	5.7g
- sugars (g)	30.5g	3.5g
Sodium (mg)	1146mg	133mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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 **sweet potato** and **carrot** (both unpeeled) into 1cm cubes. Cut the **tomato** into 2cm chunks. Cut the **red onion** into 1cm wedges. Cut the **zucchini** into 1cm half-moons. Place the **sweet potato, carrot, tomato, onion, zucchini** and **salt (for the veggies)** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

**TIP:** Cut the veggies to size so they cook in time.

**TIP:** Divide the veggies between two trays if they can't fit in a single layer.



## Flavour the chicken

While the veggies are roasting, finely grate the **garlic**. Slice the **lemon** (see ingredients) into wedges. In a medium bowl, combine the **garlic, souk market spice blend, salt (for the chicken), 1/2 the Greek yoghurt** and a squeeze of **lemon**. Add the **chicken breast** and toss to coat. Set aside.



## Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl and set aside.



## Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken** until golden, **2-3 minutes** each side. Transfer to a second oven tray lined with baking paper and bake until cooked through, **6-10 minutes**. Set aside.

**TIP:** Chicken is cooked through when no longer pink inside.



## Make the roast veggie toss

While the chicken is baking, combine the **remaining Greek yoghurt** and a squeeze of **lemon** in a small bowl. Season to taste and set aside. Transfer the **roasted veggies** to a large bowl, add the **baby spinach leaves** and crumble in 1/2 the **fetta**. Gently toss to coat. Season to taste.



## Serve up

Slice the chicken. Divide the roast veggie toss between bowls and crumble over the remaining fetta. Top with the chicken slices, the lemon yoghurt and the flaked almonds. Serve with the remaining lemon wedges.

Enjoy!