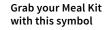


# Middle Eastern Yoghurt Chicken

with Roast Veggie Toss & Fetta

























**Greek Yoghurt** 



Chicken Breast



Flaked Almonds



**Baby Spinach** Leaves



Fetta Cheese

**Pantry items** Olive Oil

Hands-on: 25-35 mins Ready in: 35-45 mins



**Calorie Smart** 



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!

## 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

9			
	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)	1/4 tsp	½ tsp	
garlic	2 cloves	4 cloves	
lemon	1/2	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	<b>1 bag</b> (60g)	1 bag (120g)	
fetta cheese	1 block (25g)	1 block (50g)	

<sup>\*</sup>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 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!