

Paprika Chicken & Roast Veggie Freekeh

with Garlicky Lemon Yoghurt

Grab your Meal Kit with this symbol



Freekeh



Chicken Stock Pot



Zucchini



Red Onion



Capsicum



Carrot



Baby Spinach Leaves



Lemon



Garlic



Garlic & Herb Seasoning



Smoked Paprika



Chicken Tenderloins



Flaked Almonds



Greek-Style Yoghurt



Hands-on: 25-35 mins
Ready in: 40-50 mins



Eat me early



Calorie Smart

Smoked paprika not only turns these chicken tenderloins into a gorgeous shade of red, but it also adds an unmistakable flavour to this nutritionally balanced meal.

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

Medium saucepan · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 packet	2 packets
water*	3½ cup	7 cups
chicken stock pot	1 tub (20g)	1 tub (40g)
zucchini	1	2
red onion	1	2
capsicum	1	2
carrot	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
garlic	2 cloves	4 cloves
garlic & herb seasoning	1 sachet	2 sachets
smoked paprika	½ sachet	1 sachet
chicken tenderloins	1 small packet	1 large packet
flaked almonds	1 packet	2 packets
Greek-style yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2614kJ (624Cal)	343kJ (81Cal)
Protein (g)	53.9g	7.1g
Fat, total (g)	15.7g	2.1g
- saturated (g)	3.3g	0.4g
Carbohydrate (g)	57.7g	7.6g
- sugars (g)	28.2g	3.7g
Sodium (mg)	1226mg	161mg

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.



Cook the freekeh

Preheat the oven to **240°C/220°C fan-forced**. Rinse the **freekeh**. In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Add the **freekeh** and toast until fragrant, **2 minutes**. Add the **water** and **chicken stock pot**. Bring to the boil then reduce to a simmer and cook until tender, **30-35 minutes**. Drain well and return to the saucepan. Cover to keep warm.

TIP: Add a splash of water if the freekeh looks dry. The freekeh is ready when it has softened but still retains some bite.



Make the toppings

Heat a large frying pan over medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a medium-heat with a drizzle of **olive oil** and the **garlic**. Cook until fragrant, **1 minute**. Transfer to another small bowl. Add the **Greek-style yoghurt** and **lemon zest** to the **garlic oil mixture** and combine. Season to taste.



Roast the veggies

While the freekeh is cooking, slice the **zucchini** into 1cm half-moons. Chop the **red onion** into 2cm wedges. Thinly slice the **capsicum**. Slice the **carrot** (unpeeled) into 1cm half-moons. Place the **veggies** on an oven tray lined with baking paper. Drizzle over **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

TIP: If the veggies don't fit in a single layer, divide between two trays!



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until browned and cooked through, **3-4 minutes** each side. Transfer to a plate to rest. Add the roast **veggies**, **spinach** and a generous squeeze of **lemon juice** to the **freekeh**. Toss to combine and season to taste.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Get prepped

While the veggies are roasting, roughly chop the **baby spinach leaves**. Zest the **lemon** to get a generous pinch and cut into wedges. Finely chop the **garlic**. In a medium bowl, combine the **garlic & herb seasoning**, **smoked paprika** (see ingredients) and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **chicken tenderloins** and toss to combine.



Serve up

Divide the roast veggie freekeh between bowls. Top with the paprika chicken (plus any resting juices) and garlicky lemon yoghurt. Sprinkle over the flaked almonds. Serve with the remaining lemon wedges.

Enjoy!