

Nan's Chicken & Roast Veggie Freekeh

with Garlic Yoghurt & Almonds

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Freekeh



Carrot



Capsicum



Lemon Pepper Seasoning



Baby Spinach Leaves



Nan's Special Seasoning



Balsamic Vinaigrette Dressing



Flaked Almonds



Chicken Thigh



Garlic Paste



Greek-Style Yoghurt



Beef Rump

Prep in: 25-35 mins
Ready in: 40-50 mins

Carb Smart

Eat Me Early

Nan's special seasoning is full of flavour, thanks to paprika, pepper, onion and garlic, and when used as a coating it makes this tender chicken simply heavenly! Add a medley of veggies, crunchy flaked almonds and a dollop of rich and tangy garlic yoghurt for satisfaction, guaranteed!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey

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

Large 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 medium packet	1 large packet
carrot	1	2
capsicum	1	2
lemon pepper seasoning	½ large sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
chicken thigh	1 small packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
garlic paste	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
balsamic vinaigrette dressing	1 bottle (25ml)	2 bottles (50ml)
flaked almonds	1 medium packet	1 large packet
beef rump**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2455kJ (586Cal)	503kJ (120Cal)
Protein (g)	50.5g	10.3g
Fat, total (g)	18.3g	3.7g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	38.6g	7.9g
- sugars (g)	19.8g	4.1g
Sodium (mg)	1000mg	205mg
Dietary Fibre (g)	26.4g	5.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2428kJ (580Cal)	512kJ (122Cal)
Protein (g)	44.5g	9.4g
Fat, total (g)	20.1g	4.2g
- saturated (g)	4.2g	0.9g
Carbohydrate (g)	39.1g	8.2g
- sugars (g)	20.2g	4.3g
Sodium (mg)	1008mg	212mg
Dietary Fibre (g)	26.2g	5.5g

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.

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Cook the freekeh

- Preheat oven to **240°C/220°C fan-forced**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **freekeh**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill the saucepan with **water**, then add a good pinch of **salt**. Bring to the boil, then simmer, uncovered, until freekeh is tender, **30-35 minutes**.
- Drain, rinse and return **freekeh** to the pan.

TIP: Freekeh is cooked when it is softened but still retains some bite.



Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic paste** until fragrant, **1 minute**.
- Transfer to a small heatproof bowl. Add **Greek-style yoghurt**. Stir to combine. Season to taste.



Roast the veggies

- Meanwhile, thickly slice **carrot** into half-moons. Cut **capsicum** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **lemon pepper seasoning** (see ingredients) 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, spread across two trays.



Cook the chicken

- When freekeh has **10 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until browned and cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Remove from heat, then add the **honey** to pan, turn to coat.
- To **freekeh**, add roasted **veggies**, **baby spinach** and **balsamic vinaigrette dressing**. Toss to combine and season to taste.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook the beef, turning, for 3-6 minutes. Remove from heat and add the honey, turning to coat. Transfer to a plate to rest.



Get prepped

- Meanwhile, roughly chop **baby spinach leaves**. Cut **chicken thigh** into 2cm strips.
- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **chicken**, tossing to coat.

Custom Recipe: If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened (this ensures it's extra tender!). Combine beef with spice blend as above.



Serve up

- Divide roast veggie freekeh between bowls. Top with Nan's chicken.
- Top with garlic yoghurt and sprinkle over **flaked almonds**. Enjoy!

Custom Recipe: Slice steak to serve.

Rate your recipe

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