



Nan's Chicken & Roast Veggie Freekeh

with Garlic Yoghurt & Almonds

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Freekeh



Carrot



Capsicum



Lemon & Herb Seasoning



Baby Spinach Leaves



Nan's Special Seasoning



Chicken Tenderloins



Garlic Paste



Greek-Style Yoghurt



Balsamic Vinaigrette



Flaked Almonds



Chicken Tenderloins

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

Eat Me Early



Carb Smart*

*Custom recipe is not Carb Smart

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

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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 & herb seasoning	1 medium sachet	2 medium sachets
baby spinach leaves	1 small bag	1 medium bag
Nan's special seasoning	1 medium sachet	1 large sachet
chicken tenderloins	1 small packet	1 large packet
garlic paste	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
balsamic vinaigrette	1 bottle (25ml)	2 bottles (50ml)
flaked almonds	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2456kJ (587Cal)	503kJ (120Cal)
Protein (g)	50.2g	10.3g
Fat, total (g)	18.4g	3.8g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	38.8g	7.9g
- sugars (g)	20g	4.1g
Sodium (mg)	1001mg	205mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3168kJ (757Cal)	485kJ (116Cal)
Protein (g)	86.8g	13.3g
Fat, total (g)	20.8g	3.2g
- saturated (g)	4.2g	0.6g
Carbohydrate (g)	38.8g	5.9g
- sugars (g)	20g	3.1g
Sodium (mg)	1072mg	164mg

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 & herb seasoning** 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 (when no longer pink inside), **3-4 minutes** each side (cook in batches if your pan is getting crowded). Remove from heat, and add the **honey** to pan, turning to coat.
- To **freekeh**, add **roasted veggies**, **baby spinach** and **balsamic vinaigrette**. Toss to combine and season to taste.

Custom Recipe: Cook chicken in batches for best results.



Get prepped

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

Custom Recipe: If you've doubled your chicken tenderloins, season as above.



Serve up

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

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