

Spiced Chicken & Garlic Lentil Freekeh

with Cucumber Yoghurt

Grab your Meal Kit with this symbol



Garlic



Freekeh



Vegetable Stock



Brown Onion



Beetroot



Cucumber



Greek-Style Yoghurt



Tomato



Lentils



Baby Spinach Leaves



Roasted Almonds



Chicken Tenderloins



Ras El Hanout

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

Calorie Smart

Eat me early

This wholesome dish combines the ancient grain, freekeh, with fibre-rich lentils and veggies for a totally nutritionally balanced meal everyone will love.

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
freekkeh	1 packet	2 packets
water*	3½ cups	7 cups
vegetable stock	1 cube	2 cubes
brown onion	1	2
beetroot	1	2
cucumber	1	2
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
tomato	2	4
lentils	½ tin	1 tin
baby spinach leaves	1 bag (30g)	1 bag (60g)
roasted almonds	1 packet	2 packets
chicken tenderloins	1 small packet	1 large packet
ras el hanout	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
honey*	1 tsp	2 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2692kJ (643Cal)	374kJ (89Cal)
Protein (g)	55g	7.6g
Fat, total (g)	18.4g	2.6g
- saturated (g)	3.6g	0.5g
Carbohydrate (g)	55.6g	7.7g
- sugars (g)	26.3g	3.6g
Sodium (mg)	942mg	131mg

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 **220°C/200°C fan-forced**. Finely chop the **garlic**. Rinse the **freekkeh**. Heat a drizzle of **olive oil** in a medium saucepan over medium-high heat. Add the **freekkeh** and **garlic** and toast until fragrant, **2 minutes**. Add the **water**. Bring to the boil then cook over a medium-high heat until tender, **30-35 minutes**. Drain well and return to the saucepan. Stir crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people) and a pinch of **pepper** through the **freekkeh**.

TIP: The freekeh is ready when it has softened but still retains some bite.



Cook the chicken

Chop the **chicken tenderloins** into bite-sized pieces. In a large bowl, combine the **chicken**, **ras el hanout** and the **salt**. Drizzle with **olive oil**, season generously with **pepper** and toss to coat. Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until browned and cooked through, **5-6 minutes**. Add the **honey** and toss to coat, **1-2 minutes**.

TIP: The chicken will char a little in the pan, this adds to the smoky flavour!



Roast the beetroot

While the freekeh is cooking, slice the **brown onion** into 2cm wedges. Cut the **beetroot** (unpeeled) into 1cm cubes. Place the **onion** and **beetroot** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Bring it all together

Stir the roasted **beetroot**, **onion**, **lentils** and **spinach** through the **garlic freekeh**.



Get prepped

While the veggies are roasting, finely chop the **cucumber**. In a small bowl, combine the **cucumber** and **Greek yoghurt**. Season to taste. Roughly chop the **tomato** and place in a bowl. Drizzle with **olive oil** and season to taste. Toss to combine. Drain and rinse the **lentils** (see ingredients). Roughly chop the **baby spinach leaves**. Roughly chop the **roasted almonds**.



Serve up

Divide the lentils and freekeh between bowls. Top with the spiced chicken, tomatoes and cucumber yoghurt. Sprinkle over the almonds.

Enjoy!