

Chicken & Honey-Roasted Veggie Freekeh

with Roasted Almonds & Yoghurt

Grab your Meal Kit with this symbol



Freekeh



Carrot



Beetroot



Leek



Roasted Almonds



Aussie Spice Blend



Baby Spinach Leaves



Zesty Chilli Salt



Chicken Breast



Greek-Style Yoghurt

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me Early

Calorie Smart

Dietitian Approved

This dish has aesthetic written all over it, we know it tastes just as good as it looks. The bite of the freekeh will come through the roasted veggies to accompany the dark and rich Aussie spiced chicken. Toss through spinach to create a pop of fresh green then serve with a dollop of yoghurt. We know it looks amazing but don't forget to dig in before it's all gone!

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 packet	2 packets
carrot	1	2
beetroot	1	2
leek	1	2
roasted almonds	1 packet	2 packets
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
baby spinach leaves	1 small bag	1 medium bag
honey*	½ tbs	1 tbs
zesty chilli salt	1 sachet	2 sachets
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2626kJ (627Cal)	486kJ (116Cal)
Protein (g)	49.2g	9.1g
Fat, total (g)	22.3g	4.1g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	55.2g	10.2g
- sugars (g)	22.2g	4.1g
Sodium (mg)	818mg	151mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1 Make 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 freekeh, uncovered, until tender, **30-35 minutes**.
- Drain, rinse and return to pan. Cover to keep warm.

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



4 Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

TIP: The chicken is cooked when it is no longer pink inside.

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



2 Roast the veggies

- Meanwhile, cut **carrot** into bite-sized chunks. Cut **beetroot** into small chunks. Thinly slice **leek**.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **25-30 minutes**.

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



5 Bring it all together

- When the **veggies** are done, transfer them to the saucepan with **freekeh**. Add **baby spinach leaves**, the **honey**, **zesty chilli salt** and a drizzle of **olive oil**. Season to taste and stir to combine.



3 Get prepped

- Meanwhile roughly chop **roasted almonds**.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken**, **Aussie spice blend**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**.



6 Serve up

- Slice spiced chicken.
- Divide honey roasted veggie freekeh between bowls. Top with chicken.
- Garnish with roasted almonds. Serve with **Greek-style yoghurt**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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