



# Cumin Chicken

with Roots 'n' Roasties and yoghurt dip



## HELLO CUMIN

*Cumin is the 2nd most popular spice in the world after Black Pepper. It used to be used to pay taxes!*



- Chicken Breast (skin-on)
- Potato
- Echalion Shallot
- Carrot
- Aubergine
- Ground Cumin
- Natural Yoghurt
- Lemon
- Garlic Clove
- Coriander

MEAL BAG  
9

40 mins  
2 of your 5 a day

Fragrant and slightly spicy, our cumin-spiced chicken recipe is a quick and simple dish perfect for a mid-week dinner. Served with a roots salad of roasted aubergine, carrots and potato, and finished off with a garlic yoghurt dressing and a sprinkling of fresh coriander, the flavours and aromas of this dish are a real winner. In this recipe, we've roasted whole cloves of garlic to give the veg maximum flavour, as well as using its buttery texture and sweet flavour in the yoghurt dressing. Simple but effective, it's a little trick our chefs love to use!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Baking Tray**, **Frying Pan**, **Fine Grater** and **Mixing Bowl**. Now, let's get cooking!



### 1 CHOP THE VEGGIES

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 3cm pieces. Trim the **carrot** (no need to peel) and cut into batons about the size of your index finger. Chop the **potato** into 2cm chunks (no need to peel). Halve and peel the **shallot**. Cut each half lengthways into quarters.



### 2 ROAST THE VEGGIES

Pop the **potatoes** onto one large baking tray and the rest of the **veggies** onto another. Add the **whole garlic cloves** (still in the skin!) onto the tray with the **potatoes**. Add a good pinch of **salt** and **pepper** to both trays. Drizzle over some **oil**. Toss to coat everything well, then pop the **potatoes** on the top shelf of your oven and the rest of the **veggies** onto the middle shelf. Cook until golden and crispy, 25-30 mins. Turn halfway through cooking and remove the **garlic cloves**!



### 3 COOK THE CHICKEN

Meanwhile, sprinkle the **ground cumin** over the **chicken** and add a good pinch of **salt** and **pepper**. Rub everything in to coat it. **! IMPORTANT: Remember to wash your hands and equipment after handling raw meat!** Heat a splash of oil in a frying pan on medium-high heat. Pop the **chicken** into the pan (skin-side down). Cook until the skin is crispy, 4-5 mins. Turn over and cook for 2 mins. Pop onto the potato tray (skin-side up) and roast for the final 15 mins. **! IMPORTANT: The chicken is cooked when it is no longer pink in the middle!**



### 4 MAKE THE DRESSING

In the meantime, zest and halve the **lemon**. Roughly chop the **coriander** (stalks and all). Pop the **yogurt** into a small bowl. Add the **juice** from **half** the **lemon** and the **olive oil** (see ingredients for amount). Once the **garlic cloves** are cool enough to handle, squeeze the **garlic** from its skin and grate into the dressing (or use a garlic press). **★ TIP: Add the garlic to taste! You don't have to use it all! Season to taste with salt and pepper.**



### 5 ASSEMBLE

Once the **veggies** are out of the oven and the **chicken** is cooked, pop all the **veggies** (including the **potatoes**) into a large mixing bowl along with **half** the **coriander**, the **lemon zest** and any **cooking juices** from the **chicken**. Toss to combine. Thinly slice the **chicken**.



### 6 SERVICE!

Divide the **roasted veggies** between your plates and place the **chicken** on top. Drizzle over the **yogurt dressing** and sprinkle over the remaining **coriander**. Serve with the remaining **lemon**, chopped into **wedges**, for squeezing over. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Chicken Breast (skin-on) *	2	3	4
Potato *	1	2	2
Echalion Shallot *	1	2	2
Carrot *	2	3	4
Aubergine *	1	1½	2
Ground Cumin	1 small pot	¾ large pot	1 large pot
Natural Yoghurt 7) *	1 pouch	1½ pouches	2 pouches
Lemon *	½	1	1
Garlic Clove *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 724G	PER 100G
Energy (kJ/kcal)	2366 / 566	327 / 78
Fat (g)	19	3
Sat. Fat (g)	5	1
Carbohydrate (g)	55	8
Sugars (g)	21	3
Protein (g)	44	6
Salt (g)	0.40	0.06

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

### THUMBS UP OR THUMBS DOWN?

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