



# Sticky Apricot Chicken & Roast Veggie Salad

with Yoghurt & Flaked Almonds

Grab your Meal Kit  
with this symbol



Parsnip



Potato



Carrot



Red Onion



Peeled & Chopped  
Pumpkin



Ras El Hanout



Chicken Thigh



Flaked Almonds



Apricot Sauce



Yoghurt



Baby Spinach  
Leaves

## Pantry items

Olive Oil, Soy Sauce, Brown Sugar,  
White Wine Vinegar

Hands-on: 30-40 mins  
 Ready in: 35-45 mins

Eat me early

Low calorie

For tonight's dinner, we've enlisted the help of a lively glaze made with apricot sauce, soy sauce and brown sugar: it coats each bite of tender chicken breast in sticky stone-fruit sweetness and even tastes great drizzled over the robust roast veggie salad. Go for your life!

## 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 · Large frying pan

## Ingredients

	2 People refer to method	4 People refer to method
olive oil*	1	2
parsnip	1	2
potato	1	2
carrot	1	2
red onion	1 (medium)	1 (large)
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
ras el hanout	½ sachet	1 sachet
salt*	¼ tsp	½ tsp
chicken thigh	1 packet	1 packet
flaked almonds	1 packet	2 packets
apricot sauce	1 sachet	2 sachets
soy sauce*	1 tsp	2 tsp
brown sugar*	2 tsp	4 tsp
water* (for the sauce)	1 tbs	2 tbs
white wine vinegar*	1 tbs	2 tbs
yoghurt	½ packet	1 packet
water* (for the dressing)	1 tsp	2 tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2120kJ (508Cal)	355kJ (85Cal)
Protein (g)	38.8g	6.5g
Fat, total (g)	19.3g	3.2g
- saturated (g)	4.4g	0.7g
Carbohydrate (g)	39.7g	6.6g
- sugars (g)	23.0g	3.8g
Sodium (mg)	559mg	93mg

## Allergens

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

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



### Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **parsnip** and **potato** (both unpeeled) into 2cm chunks. Cut the **carrot** (unpeeled) into 1cm half-moons. Slice the **red onion** into 2cm wedges. Place the **veggies** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**, then set aside to cool slightly.

**TIP:** Cut the veggies to size so they cook in time.

**TIP:** If your oven tray is crowded, separate across two trays.



### Flavour the chicken

While the veggies are roasting, combine the **ras el hanout** (see ingredients) and the **salt** in a large bowl. Add the **chicken thigh** and toss to coat.



### Cook the chicken

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**.

**TIP:** Chicken is cooked through when it's no longer pink inside.



### Make the dressings

While the chicken is cooking, combine the **apricot sauce**, **soy sauce**, **brown sugar**, **water (for the sauce)** and **white wine vinegar** in a small bowl. In a second small bowl, combine the **yoghurt** (see ingredients) and a splash of **water**, then season with **salt** and **pepper**. Set aside.



### Glaze the chicken

When the chicken is cooked, add the **apricot glaze** to the pan, then remove from the heat. Turn the chicken to coat. When the **veggies** are done, add the **baby spinach leaves** to the oven tray and gently toss to combine. Season to taste.



### Serve up

Slice the chicken. Divide the roast veggie salad between plates. Top with the sticky apricot chicken and any remaining glaze in the pan. Drizzle over the yoghurt. Sprinkle with the toasted almonds.

### Enjoy!