

# Spiced Chicken Quinoa Bowl

with Roasted Rainbow Veggies & Lemon-Chive Aioli

Grab your Meal Kit with this symbol



 Hands-on: 25-35 mins  
Ready in: 35-45 mins

 Eat me early

The secret to an amazing quinoa bowl? Add roasted rainbow veggies for hearty flavour, mildly spiced chicken breast, creamy aioli and a nutty garnish for texture. Mix together for a truly magical result!

### Pantry items

Olive Oil

## 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
courgette	1	2
garlic	3 cloves	6 cloves
tri colour quinoa	1 packet	2 packets
water*	1½ cups	3 cups
chicken-style stock powder	1 sachet	1 sachet
lemon	½	1
chives	1 bunch	1 bunch
garlic aioli	1 packet (100g)	2 packets (200g)
flaked almonds	1 packet	2 packets
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
spinach & rocket mix	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3332kJ (796Cal)	492kJ (117Cal)
Protein (g)	50.7g	7.5g
Fat, total (g)	41g	6.1g
- saturated (g)	4.2g	0.6g
Carbohydrate (g)	52.4g	7.7g
- sugars (g)	19.4g	2.9g
Sodium (mg)	1457mg	215mg

## Allergens

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

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

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot** (unpeeled), **capsicum** and **courgette** into 2cm chunks. Place the **carrot**, **capsicum** and **courgette** 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:** Cut the veggies to size so they cook in time.



## Cook the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the **Aussie spice blend**, a drizzle of **olive oil** and the remaining **garlic**. Add the **chicken**, then season with **salt**. Toss to coat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Remove from the heat.

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



## Cook the quinoa

While the veggies are roasting, finely chop the **garlic**. Rinse the **tri colour quinoa** well. In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Cook 1/2 the **garlic** until fragrant, **1 minute**. Add the **quinoa**, **water** and **chicken-style stock powder**. Bring to the boil, then reduce the heat to medium and simmer, uncovered, until the quinoa is tender and the water has been absorbed, **8-10 minutes**. Cover to keep warm.



## Bring it all together

In a large bowl, combine the roasted **veggies**, **quinoa**, **spinach & rocket mix** and a squeeze of **lemon juice**. Gently toss to combine. Season to taste.



## Get prepped

While the quinoa is cooking, zest the **lemon** to get a pinch, then slice into wedges. Finely chop the **chives**. In a small bowl, combine the **lemon zest**, **garlic aioli**, **chives** and a dash of **water**, then season with **salt** and **pepper**. Set aside. 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 second small bowl.



## Serve up

Slice the spiced chicken. Divide the roasted veggie quinoa between bowls and top with the chicken. Spoon over the lemon and chive aioli. Garnish with the toasted almonds. Serve with any remaining lemon wedges.

Enjoy!