



Everything  
But The Chef

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## Dukkah Chicken with Roast Vegetables & Fetta

A feast for the eyes and the tastebuds, this colourful confetti of roasted vegetables is sure to put you in a good mood. Such a delicious concoction needs an equally bold buddy, and what better than the fragrant dukkah spice blend to really liven up the party? This recipe is a cinch to prepare so get to it. The best bit for us? Leaving the roast veg to do their thing while you go for a quick dip in the pool.

**Prep:** 15 mins  
 **Cook:** 35 mins  
**Total:** 50 mins

level 1

gluten  
free

helping  
hands

eat me  
early

### Pantry Items



Olive Oil



Sweet Potato



Zucchini



Red Onion



Red Capsicum



Chicken Breast



Dukkah



Coriander



Fetta Cheese

Qty	Ingredients
500 g	sweet potato, unpeeled & cut into 1 cm cubes
2	zucchini, cut into 2 cm chunks
1	red onion, cut into 1 cm thick wedges
1	red capsicum, cut into 2 cm chunks <span>A</span>
2 tbs	olive oil *
700 g	chicken breast, sliced in half down the centre
4 tbs	dukkah
½ bunch	coriander, finely chopped <span>⊕</span>
1 block	fetta cheese, crumbled

⊕ May feature in another recipe

\* Pantry Items

**Servings per recipe: 4**

**Nutrition per serve**

Energy	2360	Kj
Protein	49.5	g
Fat, total	28.8	g
-saturated	8.4	g
Carbohydrate	23.7	g
-sugars	11.9	g
Sodium	729	mg



**You will need:** *chopping board, chef's knife, oven tray lined with baking paper, a plate, a bowl, and an ovenproof frying pan.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Toss the **sweet potato, zucchini, red onion** and **red capsicum** in half of the **olive oil**, season with **salt** and **pepper** and place on the lined oven tray. Cook in the oven for **30 minutes** or until the vegetables are tender and golden.

**3** Meanwhile, toss the **chicken breast** with the **dukkah** until they are coated in the mix. Heat the remaining olive oil in an ovenproof frying pan over a medium-high heat and cook the chicken for **2 minutes** on each side. Transfer the chicken to the oven for the last **10-12 minutes** of the vegetable cooking time or until cooked through. If you don't have an ovenproof pan simply transfer the chicken to a lined oven tray.

**4** Toss the **coriander** and **fetta cheese** through the roasted vegetables.

**5** Divide the vegetables and dukkah chicken between plates. Enjoy!



**Did you know?** Dukkah is a delicious blend of spices and seeds that was traditionally spelt 'duqqa' and translates to "to pound" in Egyptian Arabic.