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WK33
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Harissa Chicken with Smashed Pumpkin & Chickpeas

Biff! Bop! Blam! Hero Harissa to the rescue! We've dressed up dull chicken with a cape of this delicious paste - and what a superhero dinner it creates! Smashing pumpkin is backed up by it's friends zesty citrus, fresh parsley and cool yoghurt - you'll be cheering for this scrumptious, spicy superstar all the way to the final bite.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



high
protein



eat me
early

Pantry Items



Olive Oil



Pumpkin



Harissa Paste



Chicken Breast



Red Onion



Garlic



Cumin



Chickpeas



Lemon



Parsley



Greek Yoghurt

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2P	4P	Ingredients
1 packet	2 packets	pumpkin wedges, roughly chopped
1 tbs	2 tbs	olive oil *
2 tsp	1 tbs	harissa paste
2 fillets	4 fillets	chicken breast, halved lengthways
½	1	red onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
½ sachet	1 sachet	cumin (recommended amount)
1 tin	2 tins	chickpeas, drained & rinsed
½	1	lemon, juiced
½ bunch	1 bunch	parsley, finely chopped
1 tub	2 tubs	Greek yoghurt

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2260	Kj
Protein	49.6	g
Fat, total	22.4	g
-saturated	5.7	g
Carbohydrate	29.9	g
-sugars	14.8	g
Sodium	164	mg

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You will need: *chef's knife, chopping board, garlic crusher, sieve, oven tray lined with baking paper, small bowl, medium ovenproof frying pan, medium frying pan, and a potato masher or fork.*

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

2 Toss the **pumpkin** in half of the **olive oil** and season with **salt** and **pepper**. Spread out on a lined oven tray. Cook in the oven for **30 minutes** or until tender, turning halfway through.

3 Meanwhile, combine the **harissa paste** and a dash of olive oil in a small bowl and season with salt. Rub the harissa mixture all over the **chicken breast**.

4 Heat a dash of olive oil in a medium ovenproof frying pan. Cook the chicken for **2 minutes** on each side and then transfer to the oven to cook for the last **10 minutes** of the pumpkin's cooking time.

5 While the chicken is in the oven, heat the remaining olive oil in a medium frying pan. Add the **red onion** and cook for **3 minutes** or until soft. Add the **garlic** and **cumin** and cook until fragrant. Add the **chickpeas** and cook for **3-4 minutes** or until they start to brown a little. Add the **lemon juice** and **parsley** and then remove from the heat. Add the roast pumpkin to the pan and, using a fork or potato masher, roughly smash the pumpkin and chickpeas. Season to taste with salt and pepper.

6 To serve, divide the harissa chicken and chickpea smash between plates. Dollop with the **Greek yoghurt**.

Did you know? Chickpeas are a nutritional powerhouse packed full of essential vitamins and minerals such as iron, zinc, potassium and folate.

4



5a



5b

