

## **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**





Pumpkin









Red (







Harissa Paste



Chicken Breast





Cumin

Chickpeas

Lemon

Parsley

Greek Yoghurt

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	
1/2	1	red onion, finely chopped	
1 clove	2 cloves	garlic, peeled & crushed	<del>*************************************</del>
½ sachet	1 sachet	cumin (recommended amount)	
1 tin	2 tins	chickpeas, drained & rinsed	
1/2	1	lemon, juiced	<del>*************************************</del>
½ bunch	1 bunch	parsley, finely chopped	<del>*************************************</del>
1 tub	2 tubs	Greek yoghurt	

Haredient features in another recipe

Pantry Items

Pre-preparation

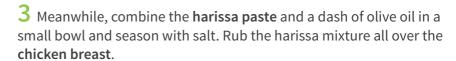
		serve

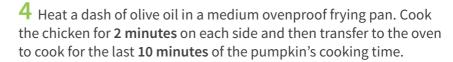
Energy	2260	Kj
Protein	49.6	g
Fat, total	22.4	g
-saturated	5.7	g
Carbohydrate	29.9	g
-sugars	14.8	g
Sodium	164	mg

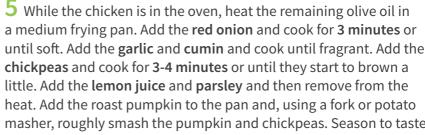


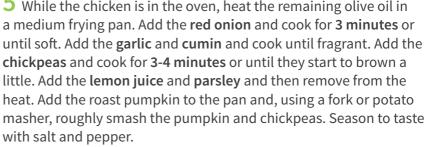
You will need: chef's knife, chopping board, garlic crusher, sieve, oven tray lined with baking paper, small bowl, medium ovenproof frying pan, medium frying pan, and a potato masher or fork.

- 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.









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.





