



Aussie Chicken Quinoa Bowl

with Chive Yoghurt

Grab your Meal Kit
with this symbol



Tomato



Zucchini



Beetroot



Garlic



Tri-Colour
Quinoa



Chicken Stock
Pot



Chives



Greek-Style
Yoghurt



Flaked Almonds



Aussie Spice
Blend



Chicken Breast



Spinach & Rocket
Mix



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



Calorie Smart



Naturally gluten-free
Not suitable for Coeliacs



Eat me early

Introduce your taste buds to this incredible flavour - succulent chicken coated with our Aussie spice blend and garlic really packs a punch. To round out this nutritionally balanced meal, we've added nutty quinoa and roasted veggies. What a winner!

Pantry items

Olive Oil, White Wine Vinegar

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
tomato	1	2
zucchini	1	2
beetroot	1	2
garlic	3 cloves	6 cloves
tri-colour quinoa	1 packet	2 packets
water*	1½ cups	3 cups
chicken stock pot	1 tub (20g)	1 tub (40g)
chives	1 bunch	1 bunch
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
flaked almonds	1 packet	2 packets
Aussie spice blend	1 sachet	2 sachets
chicken breast	1 small packet	1 large packet
spinach & rocket mix	1 bag (60g)	1 bag (120g)
white wine vinegar*	1 tsp	2 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2628kJ (628Cal)	424kJ (101Cal)
Protein (g)	46.9g	7.6g
Fat, total (g)	23.7g	3.8g
- saturated (g)	5.2g	0.8g
Carbohydrate (g)	49.7g	8g
- sugars (g)	21.3g	3.4g
Sodium (mg)	1267mg	205mg

Allergens

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

Visit hellofresh.com.au/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 **tomato** into 2cm wedges. Cut the **zucchini** into 2cm chunks. Cut the **beetroot** into 1cm cubes. Place the **tomato**, **zucchini** and **beetroot** 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**.



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**. Season with **salt**. Add the **chicken** and 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).

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. Heat a drizzle of **olive oil** in medium saucepan over a medium-high heat. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **quinoa**, **water** and **chicken stock pot**. Bring to the boil, then reduce the heat to medium and simmer, uncovered, until the quinoa is tender and the water is absorbed, **8-10 minutes**. Cover to keep warm.



Bring it together

In a large bowl, combine the **roast veggies**, **quinoa**, **spinach & rocket mix** and **white wine vinegar**. Gently toss to combine and season to taste.



Get prepped

While the quinoa is cooking, finely chop the **chives**. In a small bowl, combine the **Greek-style yoghurt** and **chives** (reserving a pinch for a garnish), 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 small bowl.



Serve up

Slice the chicken. Divide the roasted veggie quinoa between bowls. Top with the Aussie chicken. Spoon over the chive yoghurt. Garnish with the flaked almonds and reserved chives.

Enjoy!