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Harissa Halloween Chicken with Smashed Pumpkin

Happy Harissa Halloween! This auspicious spicy chicken breast will clear any cobwebs from your tastebuds – it's monstrously good. Smashing pumpkin is backed up by its accomplices; 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



spicy



eat me
first

Pantry Items



Olive Oil



Pumpkin



Harissa Paste



Free Range
Chicken Breast



Red Onion



Garlic



Cumin



Chickpeas



Lemon



Parsley



Greek Yoghurt

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2P	4P	Ingredients
½	1	pumpkin, skin removed & roughly chopped
1 tbs	2 tbs	olive oil *
2 tsp	1 tbs	harissa paste (caution: spicy)
2 fillets	4 fillets	free range chicken breast, halved lengthways
½	1	red onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
½ sachet	1 sachet	cumin
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



You will need: *chef's knife, chopping board, garlic crusher, sieve, oven tray lined with baking paper, tongs, small bowl, medium ovenproof frying pan, medium frying pan and 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 the prepared 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.

Tip: If you don't have an ovenproof frying pan, transfer the chicken to a baking dish or oven tray.

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 potato masher or fork, 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**.

