



DUKKAH CHICKEN

with Warm Honeyed Beetroot & Carrot Salad



Achieve tender and juicy chicken breasts!



Beetroot



Carrots



Free Range Chicken Breast



Dukkah



Bake-At-Home Ciabatta Panini



Mixed Salad Leaves



Fetta Cheese



Basil

Pantry Staples



Honey



Balsamic Vinegar



Olive Oil

Hands-on: **15mins**
Ready in: **40 mins**

Eat Me Early

The natural sweetness of beetroot and carrot, gently drawn out by a little honey, is the perfect accompaniment for a scrumptious dukkah crusted chicken breast.

BEFORE YOU — START

You will need: **chef's knife, chopping board, vegetable peeler, medium ovenproof baking dish, spoon, tongs, large bowl, large ovenproof frying pan, aluminium foil** and **medium bowl**. Let's start cooking the **Dukkah Chicken with Warm Honeyed Beetroot & Carrot Salad**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Slice the **beetroot** into 0.5 cm wedges. Peel and chop the **carrot** into thin batons.



2 ROAST THE VEGGIES

Place the **beetroot** and **carrot** in the medium ovenproof baking dish. Use a spoon to drizzle with the **honey, balsamic vinegar** and **1/2 the olive oil**. Season generously with **salt** and **pepper** and toss to coat. Bake in the oven for **25-30 minutes**, or until golden.



3 COOK THE CHICKEN

Meanwhile, place the **chicken breast** in a large bowl. Drizzle with **2 teaspoons of olive oil** and pour over the **dukkah**. Toss to coat. Heat a drizzle of **olive oil** in large ovenproof frying pan over a medium-high heat. Add the **chicken** to the pan and cook for **2 minutes** on each side, or until golden. Transfer the pan to the oven and cook for a further **10-15 minutes**, or until the chicken is cooked through. Wrap in foil and set aside.

Pan-searing and then oven roasting your chicken ensures a crisp dukkah crusted exterior and perfectly moist and juicy interior.



4 BAKE THE BREAD

Tear or chop the **bake-at-home ciabatta panini** into 2 cm croutons and transfer to a medium bowl. Drizzle with the **remaining olive oil** and toss to coat. When the vegetables have **5 minutes** of cook time remaining, add the croutons to the dish with the veggies and cook for **5 minutes**, or until golden and crisp.



5 ASSEMBLE THE SALAD

In a large bowl, combine the **mixed salad leaves**, roasted veggies and croutons. Crumble over the **fetta cheese**. Drizzle with any leftover pan juices from the dish and toss gently to combine. Season to taste with **salt** and **pepper**. Pick the **basil** leaves.



6 SERVE UP

Divide the salad between plates and top with the dukkah chicken and **basil** leaves.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
beetroot	2
carrots	2
honey*	1 tbs
balsamic vinegar*	1 tbs
olive oil*	4 tbs
free range chicken breast	4-5 fillets
dukkah	1 sachet (2 tbs)
bake-at-home ciabatta panini	1
mixed salad leaves	1 bag
fetta cheese	1 block (50g)
basil	1 bunch

*Pantry Items | [Ingredient features in another recipe](#)

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2090kJ (499Cal)	541kJ (129Cal)
Protein (g)	44.7g	11.6g
Fat, total (g)	21.1g	5.5g
- saturated (g)	6.0g	1.6g
Carbohydrate (g)	29.6g	7.7g
- sugars (g)	12.1g	3.1g
Sodium (mg)	677mg	175mg

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