



More Than Food
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Minty Sumac Chicken with Roasted Veggies and Cucumber Yoghurt

Tonight, we plan to take your taste buds on an Arabian adventure. We have flavoured the chicken with a balance of garlic, fresh mint and sumac. Sumac is a tart spice that is an essential ingredient in Arabic cooking, where it is used in place of lemon to add bright acidity. Sumac comes from berries that are dried and crushed to form a red powder. Impress your family by using this exotic spice as a replacement for lemon in dressings and dishes.

 30 mins

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Parsnip
(2)



Carrot
(1)



Ground Cumin
(1½ tsp)



Mint
(1 bunch)



Garlic Clove
(2)



Sumac
(1 tsp)



Chicken Thigh
(4)



Cucumber
(½)



Natural Yoghurt
(1 pot)



Sugar Snap Peas
(1 pack)

2 PEOPLE INGREDIENTS

- Parsnip, chopped **2**
- Carrot, chopped **1**
- Ground Cumin **1½ tsp**
- Mint, chopped **1 bunch**
- Garlic Clove, grated **2**
- Sumac **1 tsp**
- Chicken Thigh **4**
- Cucumber, chopped **½**
- Natural Yoghurt **1 pot**
- Sugar Snap Peas **1 pack**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Sumac is not a true spice! It is harvested from the fruit of the sumac flower, which is a member of the cashew family.

Allergens: Milk.

Nutrition as per prepared and listed ingredients

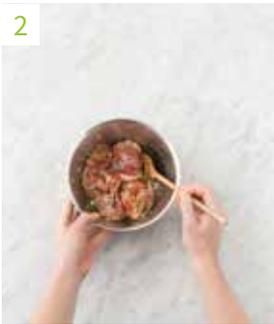
	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	409 kcal / 1721 kJ	17 g	4 g	22 g	11 g	16 g	1 g
Per 100g	88 kcal / 370 kJ	4 g	1 g	5 g	2 g	4 g	0 g

1



1 Preheat your oven to 200 degrees. Remove the tops and bottoms, then peel and cut the **parsnip** and **carrot** in half lengthways. Cut into strips about 2cm wide, and then chop into batons about the size of your index finger. Pop on a baking tray and sprinkle over the **ground cumin**, a pinch of **salt** and a grind of **pepper**. Drizzle over a glug of **oil**, mix together and pop on the middle shelf of your oven for 25 mins.

2



2 Meanwhile, pull the **mint leaves** off their stalks and roughly chop (discard the stalks). Peel and grate the **garlic** (or use a garlic press if you have one). Put three-quarters of your **mint** in a bowl with the **sumac** and half your **garlic**. Mix together, then add the **chicken thighs** along with a drizzle of **oil**, a pinch of **salt** and a grind of **pepper**. Mix again.

3



3 Put a large frying pan on medium-high heat with a drizzle of **oil**. Once hot, add your **chicken** and cook for 3 mins on each side until browned, then transfer to a baking tray and pop on the top shelf of your oven for 15-20 mins. Wipe the pan with kitchen paper - we'll use it later for the sugar snap peas! **Tip:** *The chicken is cooked when it is no longer pink in the middle.* Once cooked, remove from your oven and leave to the side to rest for a couple of mins.

5



4 While your **chicken** and **veggies** are cooking, cut the **cucumber** in half lengthways, remove the seeds with a spoon, slice into strips then chop into 1cm cubes. Pop in a bowl with the remaining **mint** and the **yoghurt**. Add a small pinch of **salt**, a grind of **pepper**, mix together and leave to the side.

5 Pop the frying pan you used for your chicken back on medium heat with a drizzle of **oil**. Add the **sugar snap peas** along with a pinch of **salt** and a grind of **pepper**. Cook for 5 mins until they are slightly browned and charred, then add your remaining **garlic** and cook for a further minute.

6 Once your **parsnip** and **carrot** is ready, mix together with your **sugar snap peas** and serve on plates with your **minty sumac chicken** on top and a dollop of **cucumber yoghurt** on the side. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!