



Cal Smart Dukkah Chicken

with Carrots, Chickpeas and Kale Salad

Calorie Smart

30 Minutes



Chicken Breasts



Chickpeas



Carrot



Lemon



Dukkah Spice



Hummus



Garlic Salt



Baby Kale

HELLO DUKKAH

This Egyptian seasoning is a savoury blend of seeds, nuts and warm spices!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 baking sheets, vegetable peeler, strainer, zester/microplane, aluminum foil, large bowl, small bowl, whisk, large non-stick pan, paper towels, measuring spoons

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chickpeas	370 ml	740 ml
Carrot	170 g	340 g
Lemon	1	1
Dukkah Spice	2 tbsp	4 tbsp
Hummus	57 g	114 g
Garlic Salt	1 tsp	2 tsp
Baby Kale	113 g	226 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Prep

Drain and rinse **chickpeas**, then pat dry with paper towels. Peel, then cut **carrot** in half lengthwise, then into ½-inch half-moons. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges.



Make kale salad

While **chicken** bakes, add **half the lemon juice, half the lemon zest, ¼ tsp garlic salt** and **½ tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **pepper**, then whisk to combine. Add **kale**, then toss to coat.



Roast veggies

Add **chickpeas, carrots, ½ tsp garlic salt** and **1 tbsp oil** (dbl both for 4 ppl) to a baking sheet. Season with **pepper**, then toss to coat. Loosely cover **chickpeas** and **carrots** with foil. Roast in the **bottom** of the oven, stirring halfway through, until **carrots** are tender and **chickpeas** are golden-brown, 22-24 min.



Mix lemony hummus

Stir together **hummus, remaining lemon zest, remaining lemon juice, remaining garlic salt** and **2 tbsp water** (dbl for 4 ppl) in a small bowl. Season with **pepper**.



Cook chicken

While **veggies** roast, pat **chicken** dry with paper towels. Drizzle **½ tbsp oil** (dbl for 4 ppl) over **chicken**, then sprinkle with **Dukkah Spice**. Heat a large non-stick pan over medium-high heat. When hot, add **chicken**. Sear until golden-brown, 1-2 min per side. Transfer **chicken** to another baking sheet. Bake in the **middle** of the oven until cooked through, 10-12 min.**



Finish and serve

Thinly slice **chicken**. Divide **chicken, roasted veggies** and **kale salad** between plates. Spoon **lemony hummus** over **chicken**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!