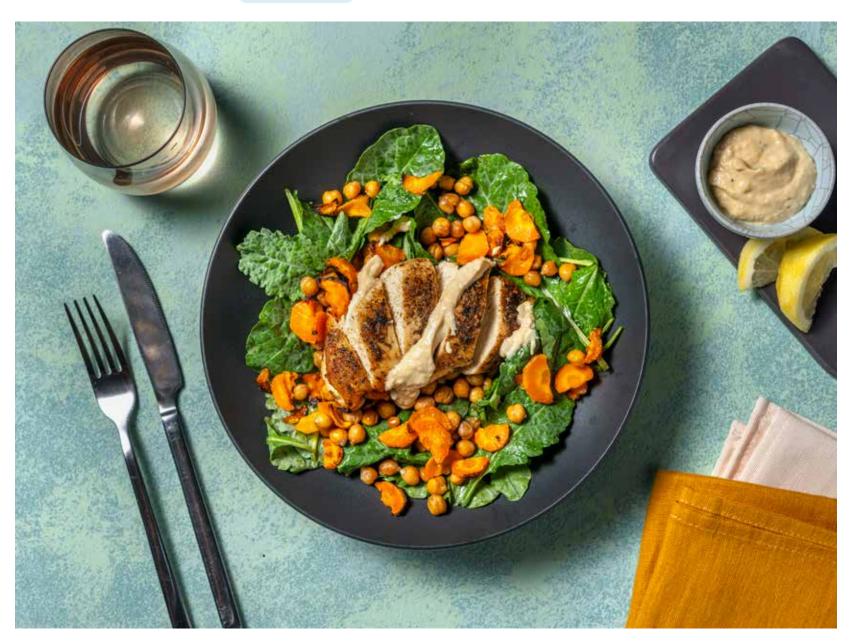


Cal Smart Dukkah Chicken

with Carrots, Chickpeas and Kale Salad

Calorie Smart

30 Minutes





Chicken Breasts





Carrot







Lemon





Dukkah Spice



Garlic Salt



Baby Kale

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

ing. calcine		
	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.



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.



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.



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.**



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.



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.



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!

Contact

Share your photos #HelloFreshLife Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca