



Middle Eastern Roasted Vegetable Traybake with Zhoug, Cheese and Yoghurt

40

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day



Potatoes



Carrot



Red Onion



Tenderstem® Broccoli



Roasted Spice
and Herb Blend



Baby Plum Tomatoes



Zhoug Style Paste



Greek Style
Natural Yoghurt



Greek Style Salad
Cheese



British Chicken
Thighs

Pantry Items

Oil, Salt, Pepper, Honey

Make it Higher Protein

If you chose to make this recipe higher protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	700g	1150g	1400g
Carrot**	2	3	4
Red Onion**	1	1½	2
Tenderstem® Broccoli**	80g	150g	150g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Baby Plum Tomatoes	125g	190g	250g
Zhoug Style Paste	45g	67g	90g
Greek Style Natural Yoghurt** 7)	75g	150g	150g
Greek Style Salad Cheese** 7)	50g	100g	100g
British Chicken Thighs**	4	6	8

Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	727g	100g	927g	100g
Energy (kJ/kcal)	2574 /615	354 /85	4206 /1005	454 /109
Fat (g)	20.1	2.8	46.3	5.0
Sat. Fat (g)	7.1	1.0	14.7	1.6
Carbohydrate (g)	96.0	13.2	96.0	10.4
Sugars (g)	26.3	3.6	26.3	2.8
Protein (g)	16.5	2.3	58.3	6.3
Salt (g)	1.34	0.18	1.74	0.19

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Halve and peel the **red onion**, then cut each half into 3 wedges.

Halve any thick **broccoli stems** lengthways.



Brocc On

When the **potatoes** have 10 mins remaining, roast the **broccoli** and **tomatoes** on the middle shelf of your oven until tender, 10-12 mins.



Get Roasting

Pop the **potatoes, carrots** and **onions** onto a large baking tray. Drizzle with **oil**, sprinkle over the **roasted spice and herb blend**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Toss Together

When everything's ready, transfer all the **roasted veg** to your largest tray.

Drizzle over the **zhoug** and **honey** (see pantry for amount), then toss to coat.



Finish the Prep

Meanwhile, pop the **broccoli** and **tomatoes** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Make it Higher Protein

If you're adding **chicken**, heat a drizzle of **oil** in a frying pan on high heat. Once hot, fry the **chicken**, 13-15 mins. Turn every 2-3 mins. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Serve Up

Share the **veggie traybake** between your serving bowls.

Drizzle over the **yoghurt**. Crumble over the **Greek style salad cheese** to finish.

Enjoy!

Make it Higher Protein

Once the **chicken** is cooked, slice into 1cm slices and serve alongside the **veg**.