



Chicken, Beetroot, Sweet Potato and Goat's Cheese Spelt Bowl

with Thyme, Rocket and Honey-Soy Dressing

High Protein

Preparation time : 25 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/chicken-beetroot-sweet-potato-and-goats-cheese-spelt-bowl-64>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Bowl, Large Salad Bowl, Aluminum Foil

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Sweet Potato (unit(s))	1	1½	2
Red Onion (unit(s))	1	1½	2
Cooked Beetroot (grams)	250	375	500
Thyme (bunch(es))	1	1½	2
Garlic Clove (unit(s))	2	3	4
Red Wine Vinegar (milliliter(s))	24	36	48
Soy Sauce (milliliter(s))	10	15	20
Honey (grams)	15	22½	30
Cooked Spelt (grams)	140	210	280
Wild Rocket (grams)	40	60	80
Goat's Cheese (grams)	75	112½	150
Crispy Onions (grams)	15	22½	30
British Chicken Breasts (unit(s))	2	3	4
Olive Oil for the Dressing (tbsp)	2	3	4

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3282 kJ
Energy (kcal)	784 kcal
Fat	27.4 g
of which saturates	9.9 g
Carbohydrate	72.9 g
of which sugars	30 g
Dietary Fibre	12.5 g
Protein	53.9 g
Salt	1.73 g

Allergens

Milk, Wheat, Soya, Cereals containing gluten, Sulphites, Spelt (wheat)

Always check the product labels for allergen information.



Prep Time

- a)** Preheat your oven to 220°C/200°C fan/gas mark 7.
- b)** Lay the **chicken** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.
- c)** When the oven is hot, roast the **chicken** on the top shelf until cooked through, 25-30 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Make the Dressing

- a)** Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.
- b)** In a large salad bowl, combine the **mashed garlic**, **red wine vinegar**, **soy sauce**, **honey** and the **olive oil for the dressing** (see pantry for amount). Set aside. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.



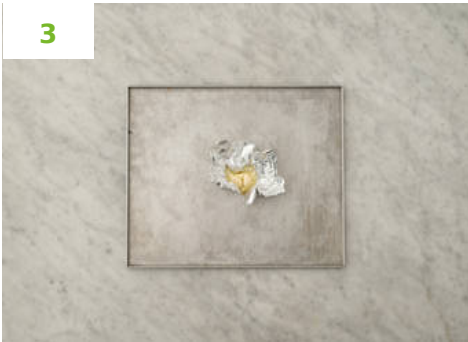
Roast the Veg

- a)** Chop the **sweet potato** into 1cm chunks (no need to peel). Halve and peel the **red onion**, then cut each half into roughly 3cm wedges.
- b)** Cut each **beetroot** into 2cm chunks. **TIP:** Wear gloves when handling the beetroot to avoid staining your hands.
- c)** Strip the **thyme leaves** from their stalks and roughly chop (discard the stalks).
- d)** Put the **sweet potato chunks**, **onion wedges**, **beetroot** and **thyme** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.
- e)** Roast on the top shelf until golden, 23-25 mins. Turn halfway through.



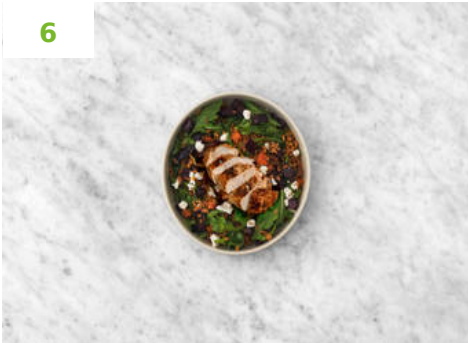
Toss Together

- a)** Once roasted, transfer the **roasted veg** to the **dressing** bowl. Add the **couscous** and toss together.
- b)** Carefully fold through the **rocket leaves**. **TIP:** Don't add the leaves too early or they'll go soggy.



Roast the Garlic

- a)** Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.
- b)** When the oven is hot, roast the **parcel** until soft, 10-12 mins.



Serve

- a)** When the **chicken** is cooked, slice into 1cm thick slices.
- b)** Divide the **salad** between bowls. Break up the **goat's cheese** and scatter over the **salad**.
- c)** Top with the **sliced chicken**.
- d)** Sprinkle over the **crispy onions** to finish.

Enjoy your meal!