



# Chipotle Chicken & Baby Tomato-Rocket Toss

with Buttery Corn & Ranch Dressing

KID FRIENDLY

Grab your Meal Kit with this symbol



Corn



Sweet Potato Chunks



Garlic & Herb Seasoning



Chicken Thigh



Mild Chipotle Sauce



Snacking Tomatoes



Spinach, Rocket & Fennel Mix



Garlic Aioli



Ranch Dressing



Chicken Breast

Prep in: 15-25 mins  
Ready in: 35-45 mins

Calorie Smart

Eat Me Early

In 4 easy steps, whip up a veggie-loaded spinach, rocket and fennel salad, which expertly cuts the richness of the tender chipotle chicken. Paired with corn on the cob and a drizzle of ranch dressing, a taste of the South has officially been plated up in your kitchen!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
corn	1 cob	2 cobs
sweet potato chunks	1 medium bag	1 large bag
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
mild chipotle sauce	1 packet	2 packets
snacking tomatoes	1 punnet	2 punnets
spinach, rocket & fennel mix	1 small bag	1 medium bag
garlic aioli	1 medium packet	1 large packet
<b>butter*</b>	10g	20g
ranch dressing	1 packet	2 packets
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2601kJ (622Cal)	443kJ (106Cal)
Protein (g)	38.5g	6.6g
Fat, total (g)	31.4g	5.4g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	45.3g	7.7g
- sugars (g)	18.5g	3.2g
Sodium (mg)	1051mg	179mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2531kJ (605Cal)	432kJ (103Cal)
Protein (g)	41.4g	7.1g
Fat, total (g)	28.2g	4.8g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	45.3g	7.7g
- sugars (g)	18.5g	3.2g
Sodium (mg)	1038mg	177mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW24



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **corn** cob in half.
- Spread **sweet potato chunks** over a large microwave-safe plate. Cover with a damp paper towel.
- Microwave **sweet potato** on high, **2 minutes**. Drain any excess liquid. Place **sweet potato** and **corn** on a lined oven tray.
- Sprinkle with **garlic & herb seasoning**, drizzle with **olive oil** and season with **pepper**. Toss to coat. Roast until golden and tender, **10-15 minutes**.

**Little cooks:** Help with sprinkling over the seasoning!

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## Toss the veggies

- When roast sweet potato has cooled slightly, halve **snacking tomatoes**. Add **tomatoes, spinach, rocket & fennel mix** and **garlic aioli** to the oven tray.
- Gently toss to combine. Season to taste.

**Little cooks:** Take the lead by tossing the veggies!

2



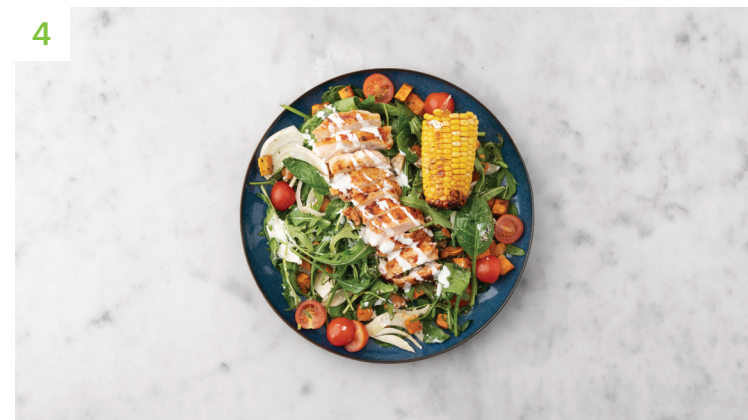
## Cook the chicken

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over a high heat.
- Add **chicken thigh** and a pinch of **salt** and cook until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray. Pour over **mild chipotle sauce**, turning to coat. Bake until cooked through, **8-12 minutes**.

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** If you've swapped to chicken breast, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken breast until browned, 2 minutes each side. Transfer chicken to lined oven tray, coat in mild chipotle sauce and bake until cooked through, 8-12 minutes.

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## Serve up

- Spread **butter** over corn. Slice chicken.
- Divide aioli tomato-rocket toss, chipotle chicken and corn between plates.
- Drizzle chicken with **ranch dressing** to serve. Enjoy!

**Little cooks:** Work your magic and add the finishing touch by drizzling over the dressing!

## Rate your recipe

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