



Fetta & Semi-Dried Tomato Topped Chicken

with Winter Roast Veggie Toss & Herby Mayo

EXPLORER

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Zucchini



Potato



Semi-Dried Tomatoes



Fetta Cubes



Aussie Spice Blend



Chicken Thigh



Baby Spinach Leaves

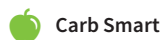


Dill & Parsley Mayonnaise



Fetta Cubes

Prep in: 20-30 mins
Ready in: 30-40 mins



Carb Smart

Eat Me Early

Roast veggie tosses are the simplest and tastiest ways to get a good serving of veggies in. Today, this RVT is responsible for complementing a gorgeous fetta and semi-dried tomato-studded chicken number, bringing some Mediterranean flair to dinner!

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

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
potato	2	4
semi-dried tomatoes	1 packet	2 packets
fetta cubes	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
Aussie spice blend	1 medium sachet	1 large sachet
chicken thigh	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
fetta cubes**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2453kJ (586Cal)	378kJ (90Cal)
Protein (g)	46.5g	7.2g
Fat, total (g)	28.8g	4.4g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	33.8g	5.2g
- sugars (g)	12.8g	2g
Sodium (mg)	870mg	134mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2593kJ (620Cal)	392kJ (94Cal)
Protein (g)	48.7g	7.4g
Fat, total (g)	31.6g	4.8g
- saturated (g)	6.4g	1g
Carbohydrate (g)	33.8g	5.1g
- sugars (g)	12.8g	1.9g
Sodium (mg)	1082mg	163mg

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 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



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot, zucchini** and **potato** into bite-sized chunks.
- Place veggies on a lined oven tray.
- Drizzle with **olive oil** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**. Allow to cool slightly.

3



Bring it altogether

- To the tray with roasted veggies, add **baby spinach leaves**, a drizzle of the **vinegar** and **olive oil**.
- Toss to combine and season to taste.

2



Bake the chicken

- Meanwhile, finely chop **semi-dried tomatoes**. In a small bowl, combine chopped **semi-dried tomatoes, fetta cubes** and the **honey**.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken thigh**, turning to coat.
- Place **chicken** on a second lined oven tray and top with chopped **semi-dried tomato mixture**.
- Bake **chicken** until cooked through, **14-16 minutes**.

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

Custom Recipe: If you've doubled your fetta cubes, only combine half the fetta cubes with the semi-dried tomatoes and honey.

4



Serve up

- Divide fetta and semi-dried tomato topped chicken and roast veggie toss between plates.
- Top with **dill & parsley mayonnaise** to serve. Enjoy!

Custom Recipe: Sprinkle with remaining fetta to serve.

Rate your recipe

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