

with Roast Veggie Toss & Herby Mayo

EXPLORER

KID FRIENDLY



















Semi-Dried Tomatoes



Fetta Cubes





Aussie Spice



Baby Spinach

Chicken Breast



Dill & Parsley



Mayonnaise



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

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

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	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		
chicken breast	1 small packet	2 small packets OR 1 large packet		
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet		
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)	2484kJ (594Cal)	383kJ (92Cal)
Protein (g)	44.3g	6.8g
Fat, total (g)	30.8g	4.7g
- saturated (g)	5.2g	0.8g
Carbohydrate (g)	33.8g	5.2g
- sugars (g)	12.8g	2g
Sodium (mg)	881mg	136mg
Dietary Fibre (g)	9.9g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2624kJ (627Cal)	396kJ (95Cal)
Protein (g)	46.5g	7g
Fat, total (g)	33.6g	5.1g
- saturated (g)	7g	1.1g
Carbohydrate (g)	33.8g	5.1g
- sugars (g)	12.8g	1.9g
Sodium (mg)	1094mg	165mg
Dietary Fibre	9.9g	1.5g

The quantities provided above are averages only.

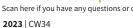
Allergens

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





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.



Bring it all together

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



Bake the chicken

- Meanwhile, finely chop **semi-dried tomatoes**. In a small bowl, combine chopped tomatoes, fetta cubes and the honey.
- Cut deep slices, taking care to not slice all the way through, across chicken breast, in 1cm intervals.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken**, turning to coat.
- Place **chicken**, cut side up, on a second lined oven tray and stuff with chopped semi-dried tomato mixture.
- Bake chicken until cooked through (when no longer pink inside), 12-16 minutes.

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



Serve up

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

Custom Recipe: Sprinkle with remaining fetta to serve.

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

