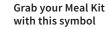


Easy Mexican-Spiced Chicken with Pre-Prepped Veggies & Creamy Garlic Sauce

DIETITIAN APPROVED*









Carrot & Zucchini Mix





Spice Blend







Baby Spinach Leaves



Garlic Sauce



Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me Early



Let's hear it for mid-week Mexican! Our Tex-Mex spice blend is all you need to flavour the juicy chicken, which works a treat with the veggies and a dollop of creamy garlic sauce. Did we mention this is light on the carbs?



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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

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweetcorn	1 tin (125g)	1 tin (300g)		
sweet potato, carrot & zucchini mix	1 medium bag	1 large bag		
honey*	1 tsp	2 tsp		
Tex-Mex spice blend	1 medium sachet	2 medium sachets OR 1 large sachet		
chicken tenderloins	1 small packet	2 small packets OR 1 large packet		
baby spinach leaves	1 small bag	1 medium bag		
garlic sauce	1 medium packet	2 medium packets		
beef strips**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2054kJ (491Cal)	313kJ (75Cal)
Protein (g)	45.8g	7g
Fat, total (g)	15.9g	2.4g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	38.8g	5.9g
- sugars (g)	21.2g	3.2g
Sodium (mg)	903mg	138mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2110kJ (504Cal)	343kJ (82Cal)
Protein (g)	38.8g	6.3g
Fat, total (g)	20.6g	3.3g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	38.8g	6.3g
- sugars (g)	21.2g	3.4g
Sodium (mg)	901mg	146mg

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 220°C/200°C fan-forced. Drain sweetcorn.
- Place sweet potato, carrot & zucchini mix on a lined oven tray. Drizzle with olive oil and the honey. Season with salt and pepper, then toss to coat.
- Roast until tender, 25-30 minutes.
- When the veggies have 10 minutes remaining, add corn to the tray and roast until golden.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Cook the chicken

- When the veggies have 10 minutes remaining, in a large frying pan, heat a
 drizzle of olive oil over medium-high heat.
- Cook **chicken** until browned and cooked through (when no longer pink inside), **3-4 minutes** on each side. Remove from heat.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: Heat a drizzle of olive oil in a large frying pan over high heat. When oil is hot, cook beef strips, in batches, tossing, (this helps the beef stay tender!) until browned and cooked through, 1-2 minutes. Transfer to a plate.



Prep the chicken

SPICY! This is a mild spice blend, but use less if you're sensitive to heat.
 Meanwhile, in a medium bowl, combine Tex-Mex spice blend and a drizzle of olive oil. Season, then add chicken tenderloins. Toss to coat. Set aside.

Custom Recipe: If you've upgraded to beef strips, coat as above.



Serve up

- To the tray with roasted veggies, add **baby spinach leaves** and a drizzle of olive oil then gently toss to coat. Season to taste.
- Divide roast veggie toss between plates. Top with Tex-Mex chicken.
- Serve with a dollop of garlic sauce. Enjoy!

Custom Recipe: Top veggies with Tex-Mex beef.

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate