



Mexican-Spiced Chicken & Roast Veggie Toss

with Creamy Garlic Sauce

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Capsicum



Brown Onion



Sweetcorn



Tex-Mex Spice Blend



Chicken Tenderloins



Baby Spinach Leaves



Garlic Sauce



Lamb Rump

Prep in: 30-40 mins
Ready in: 40-50 mins

Carb Smart

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 breast, which works a treat with the veggies and a dollop of creamy garlic sauce. Did we mention this is light on the carbs?

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

Pantry items

Olive Oil, Honey

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot	1	2
capsicum	1	2
brown onion	1	2
honey*	1 tsp	2 tsp
sweetcorn	1 tin (125g)	1 tin (300g)
Tex-Mex spice blend	1 medium sachet	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
lamb rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2042kJ (488Cal)	316kJ (76Cal)
Protein (g)	44.7g	6.9g
Fat, total (g)	16.3g	2.5g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	39.5g	6.1g
- sugars (g)	26.2g	4.1g
Sodium (mg)	886mg	137mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2276kJ (544Cal)	347kJ (83Cal)
Protein (g)	47.5g	7.2g
Fat, total (g)	21.3g	3.2g
- saturated (g)	4g	0.6g
Carbohydrate (g)	39.5g	6g
- sugars (g)	26.2g	4g
Sodium (mg)	930mg	142mg

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**.
- Cut **sweet potato** and **carrot** into small chunks. Cut **capsicum** into bite-sized chunks. Cut **brown onion** into thick wedges.
- Place prepped **veggies** 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**.

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



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until browned and cooked through (when no longer pink inside), **3-4 minutes** each side. Remove from heat.

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



Get prepped

- Meanwhile, drain **sweetcorn**. Set aside.
- 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 lamb rump, lightly score lamb fat in a 1cm criss-cross pattern. Season lamb rump all over and place, fat-side down, in a large frying pan. Place pan over medium heat and cook lamb rump undisturbed, until golden, 10-12 minutes. Increase heat to high and sear lamb rump on all sides for 30 seconds. Transfer, fat-side up, to a lined oven tray. Roast for 15-20 minutes for medium or until cooked to your liking. Remove from oven and rest for 10 minutes.



Toss the veggies

- To the tray with roasted veggies, add **baby spinach leaves** and **charred corn**.
- Drizzle with **olive oil**, then gently toss to coat. Season to taste.



Cook the corn

- Heat a large frying pan over high heat. Cook **corn** kernels until lightly browned, **4-5 minutes**. Transfer to a second medium bowl.

TIP: Cover the pan with a lid if the corn kernels are 'popping' out.



Serve up

- Divide roast veggie toss between plates. Top with Tex-Mex chicken.
- Serve with a dollop of **garlic sauce**. Enjoy!

Rate your recipe

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