



Mexican-Spiced Chicken & Garlic Sauce

with Easy-Prep Roast Veggie Toss

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Cauliflower, Carrot & Zucchini Mix



Sweetcorn



Chicken Tenderloins



Tex-Mex Spice Blend



Baby Spinach Leaves

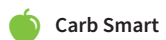


Garlic Sauce



Haloumi

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



Carb Smart

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

Eat Me Early

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
cauliflower, carrot & zucchini mix	1 medium bag	1 large bag
honey*	1 tsp	2 tsp
sweetcorn	1 tin (125g)	1 tin (300g)
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
garlic sauce	1 medium packet	2 medium packets
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1712kJ (409Cal)	322kJ (77Cal)
Protein (g)	43.8g	8.2g
Fat, total (g)	15.9g	3g
- saturated (g)	2.4g	0.5g
Carbohydrate (g)	20.6g	3.9g
- sugars (g)	14g	2.6g
Sodium (mg)	903mg	170mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2149kJ (514Cal)	471kJ (113Cal)
Protein (g)	24.3g	5.3g
Fat, total (g)	36.2g	7.9g
- saturated (g)	16g	3.5g
Carbohydrate (g)	21.8g	4.8g
- sugars (g)	15g	3.3g
Sodium (mg)	1868mg	410mg

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 **220°C/200°C fan-forced**.
- Place **cauliflower, carrot and 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**.

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

Custom Recipe: If you've swapped to haloumi, place haloumi in a medium bowl, cover with water to soak.

3



Cook the chicken

- When veggies have **10 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken tenderloins** until browned and cooked through (when no longer pink inside), **3-4 minutes** each side.
- In the **last minute** of cook time, sprinkle chicken with **Tex-Mex spice blend**, turning **chicken** to coat (the spice blend will char slightly in the pan, this adds to the flavour!).

Custom Recipe: Drain and pat haloumi dry. Cut haloumi into 1cm strips. Heat pan as above. Cook haloumi, until golden, 1-2 minutes each side. Continue with step.

2



Char the corn

- Meanwhile, drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn** kernels until lightly browned, **4-5 minutes**. Transfer to a bowl and set aside.

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

4



Toss & serve

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

Custom Recipe: Top roast veggie toss with Tex-Mex haloumi.

Rate your recipe

Did we make your tastebuds happy?

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