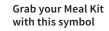


Smokey Honey-Chipotle Chicken & Veggie-Kale Toss

with Garlic Yoghurt

DIETITIAN APPROVED













Zucchini





Chicken Thigh

Snacking Tomatoes



Tex-Mex



Spice Blend



Mild Chipotle



Sauce







Pantry items Olive Oil, Honey

Prep in: 25-35 mins Ready in: 40-50 mins



Carb Smart[^] **^**Custom Recipe is not Carb Smart

With some mild spices and chipotle sauce, this chicken dish is transformed into a fiesta of flavours. Bonus: it's designed to keep you super satisfied but light on your toes!

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

ingi calcine				
	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	1	2		
capsicum	1	2		
zucchini	1	2		
snacking tomatoes	1 punnet	2 punnets		
Tex-Mex spice blend	1 medium sachet	1 large sachet		
chicken thigh	1 small packet	2 small packets OR 1 large packet		
mild chipotle sauce	1 packet	2 packets		
honey*	½ tbs	1 tbs		
garlic	1 clove	2 cloves		
kale	1 medium bag	1 large bag		
Greek-style yoghurt	1 medium packet	1 large packet		
chicken thigh**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1951kJ (466Cal)	287kJ (69Cal)
Protein (g)	40.5g	6g
Fat, total (g)	19.1g	2.8g
- saturated (g)	4.7g	0.7g
Carbohydrate (g)	32g	4.7g
- sugars (g)	19.4g	2.9g
Sodium (mg)	851mg	125mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2779kJ (664Cal)	329kJ (79Cal)
Protein (g)	70.8g	8.4g
Fat, total (g)	27.6g	3.3g
- saturated (g)	7.3g	0.9g
Carbohydrate (g)	32g	3.8g
- sugars (g)	19.4g	2.3g
Sodium (mg)	953mg	113mg

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato, capsicum and zucchini into bite sized chunks.
- Place sweet potato, capsicum, zucchini and snacking tomatoes on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat.
- Roast until tender, 20-25 minutes.

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



Get prepped

- Meanwhile, in a medium bowl, combine
 Tex-Mex spice blend, a generous pinch of salt and a drizzle of olive oil. Add chicken thigh, turning to coat.
- In a small bowl, combine **mild chipotle sauce** and the **honey**.
- Finely chop garlic.

Custom Recipe: If you've doubled your chicken, season extra chicken as above.



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken thigh, turning occasionally, until browned and cooked through, 10-14 minutes.
- In the last minute of cook time, add chipotle mixture to the pan, gently turning the chicken to coat. Transfer to a small heatproof bowl.

TIP: Chicken is cooked through when it is no longer pink in the middle.

Custom Recipe: Cook chicken in batches for best results.



Roast the kale

- Meanwhile, roughly tear kale leaves, then discard stem.
- When the veggies have 8 minutes remaining, add kale to the oven tray with veggies. Gently toss to combine. Roast until tender, a further 5-8 minutes



Make the garlic yoghurt

- Wipe out pan and return to medium-high heat with a drizzle of olive oil. When oil is hot add garlic, cooking until fragrant, 1 minute. Transfer to a small bowl.
- Add **Greek-style yoghurt** to **garlic oil mixture** and stir to combine. Season to taste.



Serve up

- · Slice chicken.
- Divide veggie-kale toss and chicken between plates.
- Top with a dollop of garlic yoghurt to serve.
 Enjoy!



Scan here if you have any questions or concerns





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