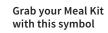


Smokey Honey-Chipotle Chicken & Kale-Veggie Toss

with Garlic Yoghurt

DIETITIAN APPROVED











& Zucchini Mix



Snacking Tomatoes







Tex-Mex



Mild Chipotle

Spice Blend









Prep in: 10-20 mins Ready in: 35-45 mins

Eat Me Early



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!

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

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

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2059kJ (492Cal)	279kJ (67Cal)
Protein (g)	41g	5.5g
Fat, total (g)	18.4g	2.5g
- saturated (g)	4.7g	0.6g
Carbohydrate (g)	37.9g	5.1g
- sugars (g)	16.9g	2.3g
Sodium (mg)	904mg	122mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1984kJ (474Cal)	268kJ (64Cal)
Protein (g)	44.7g	6g
Fat, total (g)	14.6g	2g
- saturated (g)	3.6g	0.5g
Carbohydrate (g)	37.9g	5.1g
- sugars (g)	16.9g	2.3g
Sodium (mg)	887mg	120mg

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!





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Roughly tear kale leaves, then discard stems.
- Place potato, carrot & zucchini mix 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.
- When veggies have 8 minutes remaining, add kale to the oven tray with veggies. Gently toss to combine. Return to oven and cook until tender.

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



Make garlic yoghurt

- Meanwhile, in a small bowl, combine mild chipotle sauce and the honey.
- · Finely chop garlic.
- In a large frying pan, heat a drizzle of **olive oil** and **garlic** over medium-high heat, until fragrant, 1 minute. Transfer to a small heatproof bowl.
- Add Greek-style yoghurt to garlic oil mixture and combine. Season to taste.



Cook the chicken

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Meanwhile, place chicken thigh and Tex-Mex spice blend on a second lined oven tray.
- Add a generous pinch of **salt** and a drizzle of **olive oil**, then turn **chicken** to
- Bake until cooked through, 14-16 minutes.

TIP: Chicken is cooked through when its no longer pink inside.

Custom Recipe: If you've swapped to chicken breast, flavour chicken breast as above. Bake until cooked through, 14-16 minutes.



Serve up

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

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

