

Chipotle Chicken & Ranch Dressing

with Sweet Potato Salad & Buttery Corn

EXPLORER

KID FRIENDLY



Grab your Meal Kit with this symbol











Garlic & Herb

Seasoning

Chunks





Mild Chipotle

Chicken Thigh



Mixed Salad Leaves



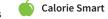


Ranch Dressing



Prep in: 15-25 mins Ready in: 35-45 mins

Eat Me Early



This Mexican-inspired dinner is bursting with all the good stuff, from the subtly smokey chicken to the juicy sweetcorn and a garlic-spiked roast veggie salad. Finish the meal with a generous drizzle of our tangy ranch dressing, you're in for a treat!



Pantry items Olive Oil, Butter

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 \cdot Large frying pan

Ingredients

9. • • • • • • • • • • • • • • • • •				
	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
corn	1 cob	2 cobs		
sweet potato chunks	1 medium bag	1 large bag		
garlic & herb seasoning	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		
mixed salad leaves	1 small bag	1 medium bag		
garlic aioli	1 medium packet	1 large packet		
butter*	10g	20g		
ranch dressing	1 packet	2 packets		
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)	2609kJ (624Cal)	477kJ (114Cal)
Protein (g)	38.3g	7g
Fat, total (g)	31.3g	5.7g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	46.5g	8.5g
- sugars (g)	21.5g	3.9g
Sodium (mg)	1071mg	196mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2534kJ (606Cal)	464kJ (111Cal)
Protein (g)	42g	7.7g
Fat, total (g)	27.6g	5.1g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	46.5g	8.5g
- sugars (g)	21.5g	3.9g
Sodium (mg)	1054mg	193mg

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

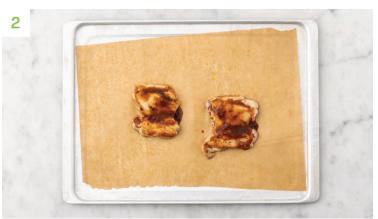
- Preheat oven to 240°C/220°C fan-forced.
- Cut carrot into bite-sized chunks. Cut corn cob in half.
- Spread sweet potato chunks and carrot over a large microwave-safe plate.
 Cover with a damp paper towel.
- Microwave veggies on high, 2 minutes. Drain any excess liquid.
- Place **sweet potato**, **carrot** and **corn** on a lined oven tray.
- Sprinkle with garlic & herb seasoning, drizzle with olive oil and season with pepper. Toss to coat. Roast until golden and tender, 10-15 minutes.

Little cooks: Help with sprinkling over the seasoning!



Toss the salad

- When roast sweet potato and carrot have cooled slightly, add mixed salad leaves and garlic aioli to the oven tray.
- · Gently toss to combine. Season to taste.



Cook the chicken

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Add chicken thigh and a pinch of salt and cook until browned, 2 minutes each side.
- Transfer chicken to a second lined oven tray. Pour over mild chipotle sauce, turning to coat. Bake until cooked through (when no longer pink inside),
 8-12 minutes.

Custom Recipe: If you've swapped to chicken breast, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken breast until browned, 2 minutes each side. Transfer chicken to lined oven tray, coat in mild chipotle sauce and bake until cooked through, 8-12 minutes.



Serve up

- Spread **butter** over corn.
- Slice chicken. Divide roast sweet potato salad, chipotle chicken and corn between plates.
- Drizzle chicken with ranch dressing to serve. Enjoy!

Little cooks: Work your magic and add the finishing touch by drizzling over the dressing!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

