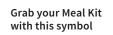


# Easy Mexican-Spiced Chicken with Pre-Prepped Veggies & Creamy Garlic Sauce

**DIETITIAN APPROVED** 









Sweet Potato, Carrot & Zucchini Mix





Garlic Sauce

Spice Blend

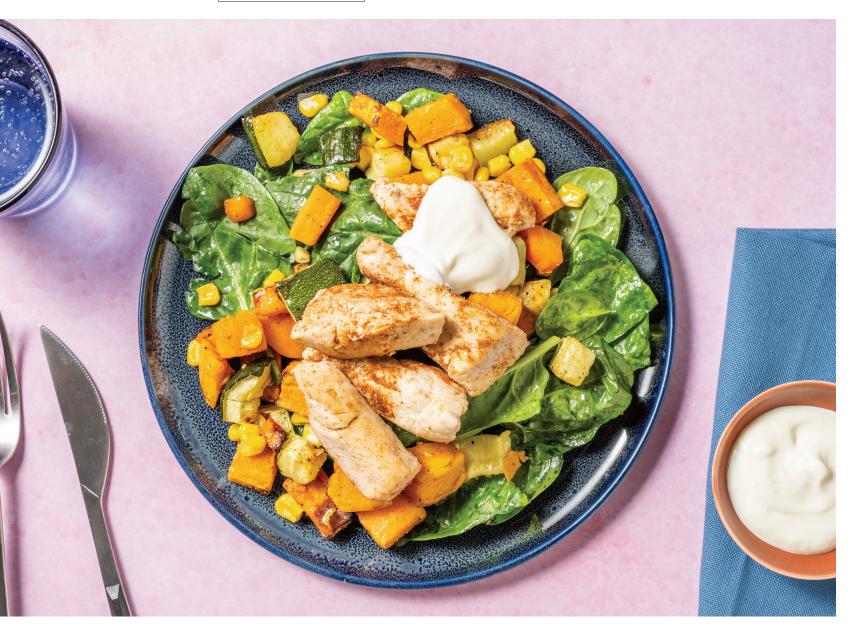
**Chicken Tenderloins** 





**Baby Spinach** 





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

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

**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

ingi calcitos				
2 People	4 People			
refer to method	refer to method			
1 tin (125g)	1 tin (300g)			
1 medium bag	1 large bag			
1 tsp	2 tsp			
1 medium sachet	1 large sachet			
1 small packet	2 small packets OR 1 large packet			
1 small bag	1 medium bag			
1 medium packet	2 medium packets			
1 small packet	2 small packets OR 1 large packet			
	2 People refer to method 1 tin (125g) 1 medium bag 1 tsp 1 medium sachet 1 small packet 1 small bag 1 medium packet			

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2054kJ (491Cal)	313kJ (75Cal)
Protein (g)	45.8g	7g
Fat, total (g)	15.9g	2.4g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	38.8g	5.9g
- sugars (g)	21.2g	3.2g
Sodium (mg)	903mg	138mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2015kJ (482Cal)	314kJ (75Cal)
Protein (g)	39.8g	6.2g
Fat, total (g)	17.6g	2.7g
- saturated (g)	3.1g	0.5g
Carbohydrate (g)	38.8g	6.1g
- sugars (g)	21.2g	3.3g
Sodium (mg)	908mg	142mg

The quantities provided above are averages only.

# Allergens

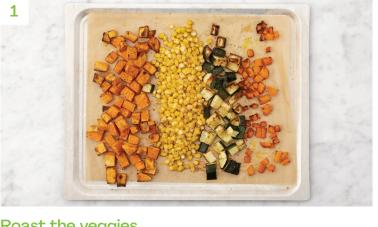
Always read product labels for the most up-to-date allergen information.

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. Drain sweetcorn.
- Place **sweet potato** and **carrot & 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.
- When the veggies have 10 minutes remaining, add corn to the tray and roast until golden.

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



# Cook the chicken

- · When the veggies have 10 minutes remaining, in a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook **chicken** until browned and cooked through (when no longer pink inside), **3-4 minutes** each side. Remove from the heat.

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

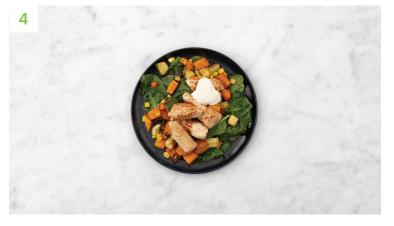
Custom Recipe: Increase heat to high. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest for 5 minutes.



# Prep the chicken

• **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Meanwhile, 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 beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened (if your beef rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time). Season beef as above.



# Serve up

- To the tray with roasted veggies, add **baby spinach leaves** and a drizzle of 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: Slice beef to serve.



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