



# Easy Mexican-Spiced Chicken

with Pre-Prepped Veggies & Creamy Garlic Sauce

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Sweetcorn



Sweet Potato, Carrot & Zucchini Mix



Tex-Mex Spice Blend



Chicken Tenderloins



Baby Spinach Leaves



Garlic Sauce



Beef Rump

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

Carb Smart

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?

**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
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 tin (125g)	1 tin (300g)
sweet potato, carrot & zucchini mix	1 medium bag	1 large bag
<b>honey*</b>	1 tsp	2 tsp
Tex-Mex spice blend	1 medium sachet	1 large sachet
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 small bag	1 medium bag
garlic sauce	1 medium packet	2 medium packets
beef rump**	1 small packet	2 small packets OR 1 large packet

\*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](https://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**. 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.

3



## 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.

2



## 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.

4



## 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.

## Rate your recipe

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