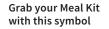


Smokey Honey-Chipotle Chicken & Veggie-Kale Toss

with Garlic Yoghurt

DIETITIAN APPROVED*











Zucchini





Tex-Mex Spice Blend



Chicken Thigh



Mild Chipotle Sauce





Greek-Style Yoghurt



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

Eat Me First



*Custom Recipe is not Dietitian Approved

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 · Large frying pan

Ingredients

ingi ediento			
	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	
peeled prawns**	1 packet (200g)	2 packets (400g)	
and the state of t			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
1952kJ (467Cal)	287kJ (69Cal)
40.4g	5.9g
19.2g	2.8g
4.7g	0.7g
32.1g	4.7g
19.4g	2.9g
851mg	125mg
	1952kJ (467Cal) 40.4g 19.2g 4.7g 32.1g 19.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1398kJ (334Cal)	228kJ (54Cal)
Protein (g)	24.1g	3.9g
Fat, total (g)	11.7g	1.9g
- saturated (g)	2.3g	0.4g
Carbohydrate (g)	32.1g	5.2g
- sugars (g)	19.4g	3.2g
Sodium (mg)	1407mg	229mg

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

- 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, 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 swapped to peeled prawns, combine prawns with spice blend 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 plate.

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

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.



Roast the kale

- Meanwhile, roughly tear kale leaves, then discard stems.
- 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 frying pan clean, then return to mediumhigh heat with a drizzle of olive oil. Add garlic and cook 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 roast veggie toss between plates. Top with chicken.
- Serve with a dollop of garlic yoghurt. Enjoy!

Scan here if you have any questions or concerns

