



Smokey Honey-Chipotle Chicken & Veggie-Kale Toss with Garlic Yoghurt

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Zucchini



Snacking Tomatoes



Tex-Mex Spice Blend



Chicken Thigh



Mild Chipotle Sauce



Garlic



Kale



Greek-Style Yoghurt



Peeled Prawns

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

Carb Smart

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!

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
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)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1952kJ (467Cal)	287kJ (69Cal)
Protein (g)	40.4g	5.9g
Fat, total (g)	19.2g	2.8g
- saturated (g)	4.7g	0.7g
Carbohydrate (g)	32.1g	4.7g
- sugars (g)	19.4g	2.9g
Sodium (mg)	851mg	125mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



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.

4



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**.

2



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.

5



Make the garlic yoghurt

- Wipe frying pan clean, then return to medium-high 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.

3



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.

6



Serve up

- Slice chicken.
- Divide roast veggie toss between plates. Top with chicken.
- Serve with a dollop of garlic yoghurt. Enjoy!

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