



Easy Chipotle Chicken

with Sweet Potato Salad & Buttery Corn

EXPLORER

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Corn



Sweet Potato Chunks



Garlic & Herb Seasoning



Chicken Thigh



Mild Chipotle Sauce



Baby Kale



Garlic Aioli



Chicken Breast

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

Calorie Smart

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

Ingredients

	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
baby kale	1 medium bag	1 large bag
garlic aioli	1 large packet	2 large packets
butter*	10g	20g
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)	2625kJ (627Cal)	467kJ (112Cal)
Protein (g)	39g	6.9g
Fat, total (g)	31.3g	5.6g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	46.8g	8.3g
- sugars (g)	21.6g	3.8g
Sodium (mg)	1096mg	195mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2550kJ (609Cal)	454kJ (109Cal)
Protein (g)	42.7g	7.6g
Fat, total (g)	27.6g	4.9g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	46.8g	8.3g
- sugars (g)	21.6g	3.8g
Sodium (mg)	1079mg	192mg

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 **carrot** into bite-sized chunks. Cut **corn** cob in half.
- Place **sweet potato chunks, 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, **20-25 minutes**.

Little cooks: Help with sprinkling over the seasoning!

3



Toss the salad

- When the roasted veggies have cooled slightly, add **baby kale** and half the **garlic aioli** to the oven tray.
- Gently toss to combine. Season to taste.

2



Cook the chicken

- Place **chicken thigh** on a second lined oven tray.
- Pour over **mild chipotle sauce**, turning **chicken** to coat.
- Bake until cooked through, **14-16 minutes**.

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

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.

4



Serve up

- Spread the **butter** over corn.
- Slice chicken. Divide roast sweet potato salad, chipotle chicken and corn cobs between plates.
- Drizzle chicken with remaining garlic aioli to serve. Enjoy!

Rate your recipe

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