

Easy Aussie Chicken & Bacon Veggie Medley with Baby Spinach Leaves & Mustard Mayo

SUMMER SALADS

KID FRIENDLY



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Peeled & Chopped



Pumpkin





Chicken Breast



Baby Spinach

Mustard Mayo

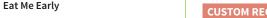
Pantry items

Olive Oil

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



We're in our light and bright era this summer, so only a salad will do. We're giving chicken a flavour upgrade with our trusty Aussie seasoning. Served on a bed of warm roast veggies tossed with spinach and bacon, this is one delish dinner.



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 · Large frying pan

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
zucchini	1	2		
carrot	1	2		
peeled & chopped pumpkin	1 small packet	1 medium packet		
Aussie spice blend	1 medium sachet	1 large sachet		
chicken breast	1 medium packet	2 medium packets OR 1 large packet		
diced bacon	1 medium packet	1 large packet		
baby spinach leaves	1 small packet	1 medium packet		
mustard mayo	1 medium packet	2 medium packets		
chicken breast**	1 medium packet	2 medium packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2018kJ (482Cal)	388kJ (93Cal)
Protein (g)	43.7g	8.4g
Fat, total (g)	26.4g	5.1g
- saturated (g)	6.1g	1.2g
Carbohydrate (g)	16.9g	3.2g
- sugars (g)	12.6g	2.4g
Sodium (mg)	1233mg	237mg
Dietary Fibre (g)	6.2g	1.2g

Custom Recipe

Per Serving	Per 100g
1904kJ (455Cal)	366kJ (87Cal)
49.9g	9.6g
20.4g	3.9g
4.3g	0.8g
16.9g	3.2g
12.5g	2.4g
1202mg	231mg
6.3g	1.2g
	1904kJ (455Cal) 49.9g 20.4g 4.3g 16.9g 12.5g 1202mg

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.
- · Cut zucchini into 1cm chunks.
- Cut carrot into thick rounds.
- Divide peeled and chopped pumpkin and prepped veggies between two lined oven trays. Drizzle with olive oil, season with salt and pepper and toss to coat.
- · Roast until tender, 25-30 minutes.



Cook the bacon

• Meanwhile, wipe out frying pan, then return to medium-high heat with a drizzle of olive oil. When oil is hot, cook diced bacon, breaking up bacon with a spoon, until golden, 4-6 minutes.



Cook the chicken

- Meanwhile, combine Aussie spice blend and a drizzle of olive oil in a medium bowl. Season, then add chicken breast, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook chicken until browned, 2 minutes each side.
- Transfer **chicken** to one of the oven trays with the veggies, and bake until cooked through (when no longer pink inside), 6-10 minutes.

TIP: If your oven trays are crowded, place chicken breast on a third lined tray. **Little cooks:** Help toss the chicken in the spice blend!

Custom Recipe: If you've doubled your chicken breast, season chicken in the same way as above. Brown chicken, in batches for best results.



Bring it all together & serve up

- Combine roasted veggies on one of the oven trays. Add **baby spinach leaves** and cooked bacon. Gently toss to combine. Season to taste.
- · Slice Aussie chicken.
- Divide bacon roast veggies medley between plates. Top with chicken. Serve with a dollop of mustard mayo. Enjoy!

Rate your recipe

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