



# Easy Aussie Chicken & Bacon Veggie Medley

with Baby Spinach Leaves & Mustard Mayo

SUMMER SALADS

KID FRIENDLY

Grab your Meal Kit with this symbol



Zucchini



Carrot



Peeled & Chopped Pumpkin



Aussie Spice Blend



Chicken Breast



Diced Bacon



Baby Spinach Leaves



Mustard Mayo



Chicken Breast

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

Carb Smart

Eat Me Early

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.

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

### Pantry items

Olive Oil

## 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

	2 People	4 People
<b>olive oil*</b>	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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1904kJ (455Cal)	366kJ (87Cal)
Protein (g)	49.9g	9.6g
Fat, total (g)	20.4g	3.9g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	16.9g	3.2g
- sugars (g)	12.5g	2.4g
Sodium (mg)	1202mg	231mg
Dietary Fibre (g)	6.3g	1.2g

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**.
- 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**.

3



## 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**.

2



## 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.

4



## 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

Our Culinary team is waiting for your feedback!  
Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)