

Mexican-Spiced Chicken & Pre-Cut Veggies with Creamy Garlic Sauce

Grab your meal kit with this number









Carrot & Zucchini



Peeled & Chopped



Pumpkin

Tex-Mex Spice Blend





Chicken Tenderloins

Baby Spinach Leaves



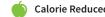
Garlic Sauce





Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me First





Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 \cdot Large frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
carrot & zucchini mix	1 medium packet	1 large packet
peeled & chopped pumpkin	1 small packet	1 medium packet
honey*	1 tsp	2 tsp
Tex-Mex spice blend	1 medium sachet	1 large sachet
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 small packet	1 medium packet
garlic sauce	1 packet	2 packets
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g	
Energy (kJ)	1777kJ (425Cal)	335kJ (80Cal)	
Protein (g)	42.9g	8.1g	
Fat, total (g)	15.9g	3g	
- saturated (g)	2.3g	0.4g	
Carbohydrate (g)	25.4g	4.8g	
- sugars (g)	17.4g	3.3g	
Sodium (mg)	770mg	145mg	
Dietary Fibre (g)	7.1g	1.3g	

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 220°C/200°C fan-forced. Drain sweetcorn.
- Place carrot & zucchini mix and peeled & chopped pumpkin on a lined oven tray. Drizzle with olive oil and the honey. Season with salt and pepper, then toss to coat.
- · Roast until tender, 25-30 minutes.
- When the veggies have 10 minutes remaining, add corn to the tray and roast until golden.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Cook the chicken

- When the veggies have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over medium-high heat.
- Cook **chicken** until browned and cooked through (when no longer pink inside), **3-4 minutes** on each side. Remove from heat.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Prep the chicken

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 and a drizzle of olive oil. Season, then add chicken tenderloins. Toss to coat. Set aside.

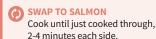


Serve up

- Add baby spinach leaves and a drizzle of olive oil to tray with roasted veggies then gently toss to coat. Season to taste.
- Divide roast veggie toss and Mexican-spiced chicken between plates.
- Top with a dollop of garlic sauce to serve. Enjoy!









If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

