



# Mexican-Spiced Chicken & Pre-Cut Veggies

with Creamy Garlic Sauce

Grab your meal kit with this number

5



Sweetcorn



Carrot & Zucchini Mix



Peeled & Chopped Pumpkin



Tex-Mex Spice Blend



Chicken Tenderloins



Baby Spinach Leaves



Garlic Sauce



Salmon



Beef Rump

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

Calorie Reduced

Eat Me First

Let's hear it for mid-week Mexican! Our Tex-Mex spice blend is all you need to flavour the juicy chicken, which works a treat with the veggies and a dollop of creamy garlic sauce. Did we mention this is light on the carbs?

**Pantry items**

Olive Oil, Honey

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>honey*</b>	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

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## 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!

2



## 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.

4



## 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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



**CUSTOM  
OPTIONS**



**SWAP TO SALMON**

Cook until just cooked through, 2-4 minutes each side.



**SWAP TO BEEF RUMP**

Cook, turning, for 4-6 minutes for medium.

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

