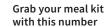


Mexican-Spiced Chicken & Garlic Aioli with Easy-Prep Roast Veggie Toss











Carrot & Zucchini



Sweetcorn









Baby Spinach

Leaves

Spice Blend





Garlic Aioli





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

Eat Me First



Carb Smart



Protein Rich

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 aiolia. 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
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
carrot & zucchini mix	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
sweetcorn	1 medium tin	1 large tin
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
baby spinach leaves	1 small packet	1 medium packet
garlic aioli	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Per Serving	Per 100g
1692kJ (404cal)	159kJ (38cal)
42.6g	4g
15.4g	1.4g
2.1g	0.2g
21.9g	2.1g
15g	1.4g
810mg	75.9mg
6.6g	0.6g
	1692kJ (404cal) 42.6g 15.4g 2.1g 21.9g 15g 810mg

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.
- · Cut cauliflower into small florets.
- Place cauliflower and carrot & zucchini mix 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.

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



Cook the chicken

- When veggies have 15 minutes remaining, return frying pan to medium-high heat with a drizzle of olive oil.
- Cook chicken thigh, until browned and cooked through (when it's no longer pink inside), 10-14 minutes.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! In
 the last minute of cook time, sprinkle with Tex-Mex spice blend, turning
 chicken to coat (the spice blend will char slightly in the pan, this adds to
 the flavour!).



Char the corn

- · Meanwhile, drain sweetcorn.
- Heat a large frying pan over high heat. Cook corn kernels until lightly browned, 4-5 minutes. Transfer to a bowl and set aside.

TIP: Cover the pan with a lid if the corn kernels are 'popping' out.



Toss and serve

- Add baby spinach leaves and charred corn to the tray of roasted veggies.
 Drizzle with olive oil, then gently toss to coat. Season to taste.
- Divide roast veggie toss between plates.
- · Top with Tex-Mex chicken.
- Serve with a dollop of garlic aioli. Enjoy!







Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



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

