



Quick Spiced Chicken & Roast Pumpkin Toss

with Green Dressing & Almond Crumb Sprinkle

NEW

KID FRIENDLY

Grab your meal kit with this number

5



Zucchini



Carrot



Peeled & Chopped Pumpkin



Roasted Almonds



Chicken Breast



Aussie Spice Blend



Panko Breadcrumbs



Baby Spinach Leaves



Green Dressing



Garlic Aioli



Beef Rump



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Eat Me First

Protein Rich

In this easy 4 stepper, you'll have chopped, roasted and seared some tender chicken and colourful veggies like a pro, creating a delicious dish without sacrificing hours in the kitchen!

Pantry items

Olive Oil

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
zucchini	1	2
carrot	1	2
peeled & chopped pumpkin	1 small packet	1 medium packet
roasted almonds	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	2 medium sachets
panko breadcrumbs	½ medium packet	1 medium packet
baby spinach leaves	1 medium packet	1 large packet
green dressing	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2491kJ (595cal)	225kJ (54cal)
Protein (g)	48g	4.3g
Fat, total (g)	31.9g	2.9g
- saturated (g)	3g	0.3g
Carbohydrate (g)	29g	2.6g
- sugars (g)	14.6g	1.3g
Sodium (mg)	748mg	67.7mg
Dietary Fibre (g)	11.2g	1g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **zucchini** and **carrot** into bite-sized chunks. Place **zucchini**, **carrot** and **peeled & chopped pumpkin** onto a lined oven tray.
- Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**. Allow to cool slightly.
- While the veggies are roasting, finely chop **roasted almonds**. Transfer **almonds** to a medium bowl. Set aside.
- Slice **chicken breast** into strips. In a second medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken strips**, toss to coat.

3



Cook the chicken & toss the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken** until browned and cooked through (when no longer pink inside), **3-4 minutes** each side. Remove from the heat.
- To tray with roasted veggies, add **baby spinach leaves** and **green dressing**. Gently toss to combine and season to taste.

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

CUSTOM OPTIONS



SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

2



Make the almond crumb

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **panko breadcrumbs** (see ingredients), tossing, until golden, **2-3 minutes**.
- Transfer to bowl with almonds and toss to combine. Season to taste with **salt** and **pepper**.

Little cooks: Take the lead and combine the breadcrumbs with the almonds!

4



Serve up

- Divide roast pumpkin toss between plates.
- Top with spiced chicken.
- Spoon over almond crumb.
- Serve with **garlic aioli**. Enjoy!

Little cooks: Add the finishing touch by spooning over the almond crumb!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



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

