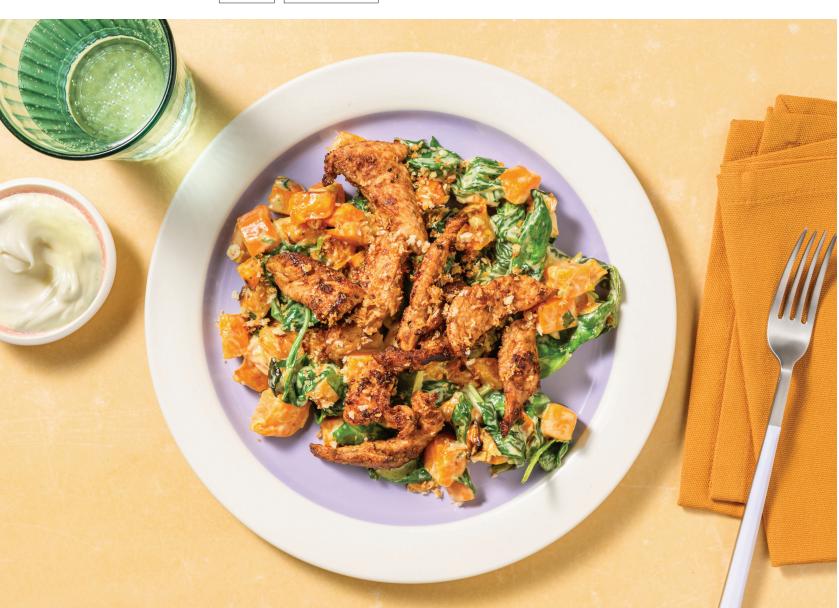


Quick Spiced Chicken & Roast Pumpkin Toss with Green Dressing & Almond Crumb Sprinkle

NEW

KID FRIENDLY



Grab your meal kit with this number









Peeled & Chopped









Chicken Breast





Baby Spinach

Blend

Panko Breadcrumbs







Green Dressing



Garlic Aioli





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

Eat Me First





Protein Rich

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.



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.



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!



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,
- 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!

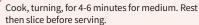


Serve up

- · 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!

CUSTOM OPTIONS **SWAP TO BEEF RUMP**





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

