

Chipotle Chicken & Ranch Dressing

with Sweet Potato Salad & Buttery Corn

KID FRIENDLY

















Seasoning

Mild Chipotle

Chunks





Chicken Thigh



Mixed Salad



Leaves

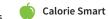


Ranch Dressing



Prep in: 15-25 mins Ready in: 35-45 mins

Eat Me Early



This Mexican-inspired salad is bursting with all the good stuff, from the subtly smokey chicken to the juicy sweetcorn and a garlic-spiked roast veggie salad. Finish the meal with a generous drizzle of our tangy ranch dressing, you're in for a treat!

Pantry items Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
corn	1 cob	2 cobs	
sweet potato chunks	1 medium bag	1 large bag	
garlic & herb seasoning	1 medium sachet	1 large sachet	
chicken thigh	1 small packet	1 large packet	
mild chipotle sauce	1 packet	2 packets	
mixed salad leaves	1 small bag	1 medium bag	
garlic aioli	1 medium packet	1 large packet	
butter*	10g	20g	
ranch dressing	1 packet	2 packets	
chicken breast**	1 small packet	1 large packet	

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2658kJ (635Cal)	457kJ (109Cal)
Protein (g)	38.6g	6.6g
Fat, total (g)	31.3g	5.4g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	48.8g	8.4g
- sugars (g)	23.7g	4.1g
Sodium (mg)	1088mg	187mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2588kJ (619Cal)	445kJ (106Cal)
Protein (g)	41.5g	7.1g
Fat, total (g)	28g	4.8g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	48.8g	8.4g
- sugars (g)	23.7g	4.1g
Sodium (mg)	1075mg	185mg

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 carrot into bite-sized chunks.
 Cut corn cob in half.
- Spread sweet potato chunks and carrot over a large microwave-safe plate.
 Cover with a damp paper towel.
- Microwave veggies on high, 2 minutes. Drain any excess liquid.
- Place sweet potato, carrot and corn on a lined oven tray.
- Sprinkle with garlic & herb seasoning, drizzle with olive oil and season with pepper. Toss to coat. Roast, until golden and tender, 10-15 minutes.

Little cooks: Help with sprinkling over the seasoning!



Toss the salad

- When roast sweet potato and carrot have cooled slightly, add mixed salad leaves and garlic aioli to the oven tray.
- Gently toss to combine. Season to taste.



Cook the chicken

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Add chicken thigh and a pinch of salt and cook until browned, 2 minutes each side.
- Transfer chicken to a second lined oven tray. Pour over mild chipotle sauce, turning to coat. Bake until cooked through (when no longer pink inside),
 8-12 minutes.

Custom Recipe: If you've swapped to chicken breast, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken breast until browned, 2 minutes each side. Transfer chicken to lined oven tray, coat in mild chipotle sauce and bake until cooked through, 6-10 minutes.



Serve up

- Spread **butter** over corn.
- Slice chicken. Divide roast sweet potato salad, chipotle chicken and corn between plates.
- Drizzle chicken with ranch dressing to serve. Enjoy!

Little cooks: Work your magic and add the finishing touch by drizzling over the dressing!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate



Scan here if you have any questions or concerns