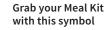


Aussie Chicken & Roast Veggie Toss

with Garlic Sauce & Pepitas

















Turnip

Sweet Potato



Aussie Spice



Baby Spinach

Leaves

Blend



Pepitas



Chicken Breast



Garlic Sauce

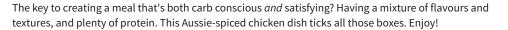
Prep in: 20-30 mins Ready in: 35-35 mins

Dietitian Approved



Eat Me Early

Carb Smart



Pantry items Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
sweet potato	1	2
turnip	1	2
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
garlic sauce	1 medium packet	1 large packet
pepitas	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2162kJ (517Cal)	331kJ (79Cal)
Protein (g)	44.7g	6.9g
Fat, total (g)	22.6g	3.5g
- saturated (g)	3.7g	0.6g
Carbohydrate (g)	35.8g	5.5g
- sugars (g)	21.1g	3.2g
Sodium (mg)	781mg	120mg
Dietary Fibre (g)	15.1g	2.3g

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 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 carrot and capsicum into bite-sized chunks.
 Cut sweet potato and turnip into small chunks.
- Spread prepped veggies over two lined oven trays. Drizzle with olive oil, season with salt and pepper and toss to coat.
- Roast until tender, 25-30 minutes.



Prep the chicken

- Meanwhile, place your hand flat on top of each **chicken breast**.
- Slice through horizontally to make two thin steaks.



Flavour the chicken

- In a medium bowl, combine **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **pepper**.
- Add chicken, turning to coat.



Cook the chicken

- When the veggies have 10 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Set aside.

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

TIP: Chicken is cooked through when it's no longer pink inside.



Toss the salad

- When the roast veggies are done, combine the **veggies** on one of the trays.
- Add **baby spinach leaves** to the **veggie** tray. Gently toss to combine.



Serve up

- · Slice Aussie chicken.
- Divide roast veggie salad between plates. Top with chicken.
- Drizzle with garlic sauce. Garnish with pepitas.
 Enjoy!

