

Aussie Chicken & Roast Veggie Toss

with Garlic Sauce & Pepitas

Grab your Meal Kit with this symbol



Carrot



Capsicum



Sweet Potato



Turnip



Aussie Spice Blend



Baby Spinach Leaves



Pepitas



Chicken Breast





Garlic Sauce

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

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

 Naturally Gluten-Free
Not suitable for coeliacs

Dietitian Approved  Eat Me Early  Carb Smart

The key to creating a meal that's both carb conscious *and* satisfying? Having a mixture of flavours and textures, and plenty of protein. This Aussie-spiced chicken dish ticks all those boxes. Enjoy!

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

	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**.



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.



Prep the chicken

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



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.



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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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