



# Chipotle-Glazed Chicken

with Roast Veggie Toss & Corn Chip Crunch

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic & Herb Seasoning



All-American Spice Blend



Mild Chipotle Sauce



Baby Spinach Leaves



Corn Chips



Chicken Tenderloins



Light Sour Cream

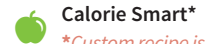


Haloumi

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



Eat Me Early



Calorie Smart\*

\*Custom recipe is not Calorie Smart

Jazz up juicy chicken tenders by coating them in a lip-smacking mild chipotle sauce, along with our tried and true All-American spice blend. Serve over a bed of hearty roasted veggies and add the finishing touches with a moreish corn chip crumble for crunch, plus a dollop of sour cream for some tang.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
carrot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken tenderloins	1 small packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
mild chipotle sauce	1 packet	2 packets
<b>honey*</b>	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
corn chips	½ large bag	1 large bag
light sour cream	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2452kJ (586Cal)	501kJ (120Cal)
Protein (g)	45.5g	9.3g
Fat, total (g)	18.5g	3.8g
- saturated (g)	5.7g	1.2g
Carbohydrate (g)	55.1g	11.3g
- sugars (g)	17.8g	3.6g
Sodium (mg)	1363mg	279mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2889kJ (690Cal)	698kJ (167Cal)
Protein (g)	26.1g	6.3g
Fat, total (g)	38.8g	9.4g
- saturated (g)	19.3g	4.7g
Carbohydrate (g)	56g	13.5g
- sugars (g)	18.6g	4.5g
Sodium (mg)	2328mg	562mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW41



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks.

**Custom Recipe:** If you've added haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.



## Cook the chicken

- When the veggies have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat.
- Cook **chicken tenderloins** until browned and cooked through, **3-4 minutes** each side.
- **SPICY!** This spice blend is mild, but use less if you're sensitive to heat. Add **All-American spice blend** and cook, tossing, until fragrant, **1 minute**.
- Remove pan from heat. Add **mild chipotle sauce** and **honey**, tossing chicken to coat.

**Custom Recipe:** Drain haloumi and pat dry. Before cooking the chicken, heat a drizzle of olive oil in a large frying pan over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side. Set aside. Continue with the step, as above. Return the cooked haloumi to the frying before adding the spice blend.



## Roast the veggies

- Place **potato** and **carrot** on a lined oven tray. Sprinkle with **garlic and herb seasoning**, drizzle with **olive oil**, then toss to coat.
- Roast for **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide veggies between two trays.



## Serve up

- To the roast veggie tray, add **baby spinach leaves**. Gently toss to combine.
- Crush **corn chips** (see ingredients) in their bag until roughly broken into pieces.
- Divide roast veggie toss between bowls. Top with chipotle-glazed chicken and crushed corn chips.
- Serve with a dollop of **light sour cream**.

## Rate your recipe

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