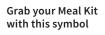


Classic Lemon Pepper Chicken

with Roasted Veggies

NEW











Sweet Potato





Tomato

Cucumber



Mixed Salad



Leaves



Seasoning

Crispy Shallots

Japanese Dressing



Mayonnaise



Chicken Breast



Tonight, it's all about simple and classic - lemon-pepper chicken, some herby sweet potatoes, and to keep the carbs down, a big salad that will see you going back for more.



Olive Oil, Vinegar (White Wine or Rice Wine)

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	
sweet potato	2	4	
sesame seeds	1 medium sachet	1 large sachet	
cucumber	1	2	
tomato	1	2	
mixed salad leaves	1 small bag	1 medium bag	
vinegar* (white wine or rice wine)	drizzle	drizzle	
Japanese dressing	1 packet	2 packets	
mayonnaise	1 medium packet	2 medium packets	
chicken breast	1 small packet	1 large packet	
lemon pepper seasoning	1 sachet	2 sachets	
crispy shallots	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2468kJ (590Cal)	437kJ (104Cal)
Protein (g)	40.5g	7.2g
Fat, total (g)	33.4g	5.9g
- saturated (g)	5.8g	1g
Carbohydrate (g)	39.6g	7g
- sugars (g)	19g	3.4g
Sodium (mg)	767mg	136mg
Dietary Fibre (g)	9.3g	1.6g

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 sweet potato

- Preheat the oven to 240°C/220°C fan-forced.
 Cut sweet potato into bite-sized chunks.
- Place sweet potato, sesame seeds, a drizzle of olive oil and a pinch of salt and pepper on two lined oven trays. Toss to coat, then bake until tender, 20-25 minutes.



Prepare the salad

- While the sweet potato is roasting, thinly slice cucumber into half-moons.
- Roughly chop tomato.
- Place cucumber and tomato in a large bowl with the mixed salad leaves. Just before serving, drizzle with a little olive oil and vinegar and season with salt and pepper.

TIP: Dress the salad before serving to prevent the leaves from going soggy!



Make the Japanese mayo

• In a small bowl, mix together **Japanese dressing** and **mayonnaise**.



Prepare the chicken

- Place your hand flat on top of each chicken breast and use a sharp knife to slice through horizontally to make two thin steaks.
- Add to a medium bowl with lemon pepper seasoning, a pinch of salt and a drizzle of olive oil. Toss to coat.



Cook the chicken

 In a large frying pan, heat a drizzle of olive oil over medium-high heat. Add the chicken steaks and cook until cooked through, 3-5 minutes each side (depending on thickness).

TIP: The chicken is cooked when it's no longer pink inside.



Serve up

- Divide the lemon pepper chicken, sesame sweet potatoes and salad between plates.
- Garnish the salad with the **crispy shallots**. Serve with the Japanese mayo. Enjoy!



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