



Classic Lemon Pepper Chicken

with Roasted Veggies

NEW

Grab your Meal Kit with this symbol



Sweet Potato



Sesame Seeds



Cucumber



Tomato



Mixed Salad Leaves



Lemon Pepper Seasoning



Crispy Shallots



Japanese Dressing



Mayonnaise



Chicken Breast

Prep in: 30-40 mins
Ready in: 30-40 mins

Carb Smart

Eat Me Early

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.

Pantry items

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

	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 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.



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!



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.



Make the Japanese mayo

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



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!

We're here to help!

Scan here if you have any questions or concerns



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