

Dinner - Aussie Chicken & Nutty Roast Veggie Salad + Kids Dinner - Cheesy Aussie Chicken Burger with Potato Chunks

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Red Onion



Garlic & Herb Seasoning



Chicken Breast



Aussie Spice Blend



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Grated Parmesan Cheese



Flaked Almonds

Kids Dinner



Tomato



Bake-At-Home Burger Buns



Shredded Cheddar Cheese



Creamy Pesto Dressing



Garlic Aioli

Pantry items

Olive Oil, White Wine Vinegar

DINNER
Prep in: **20-30** mins
Ready in: **35-45** mins

KIDS DINNER
Ready in: **10** mins

Eat Me Early

Cook once, with a twist for the kids' dinner tomorrow night! Flavour juicy chicken breast with our crowd-pleasing Aussie spice blend, sear it in the pan and serve your half over a roast veggie-loaded salad; the remainder will be a burger stuffer for the kids.

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
potato	4	6
carrot	1	2
beetroot	1	2
red onion	1	2
garlic & herb seasoning	1 large sachet	1 medium & 1 large sachet
chicken breast	1 large packet	1 small & large packet
Aussie spice blend	1 large sachet	1 medium & 1 large sachet
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 small & 1 medium bag	1 small & 1 large bag
grated Parmesan cheese	1 packet (30g)	1 packet (30g)
white wine vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
tomato	1	1
bake-at-home burger buns	2	2
shredded Cheddar cheese	1 medium packet	1 medium packet
creamy pesto dressing	1 packet (50g)	1 packet (50g)
garlic aioli	1 medium packet	1 medium packet

*Pantry Items

Nutrition

Dinner

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2490kJ (594Cal)	465kJ (111Cal)
Protein (g)	44.0g	8.2g
Fat, total (g)	28.0g	5.2g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	38.9g	7.3g
- sugars (g)	16.3g	3.1g
Sodium (g)	1410mg	265mg

Kids Dinner

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4010kJ (957Cal)	722kJ (173Cal)
Protein (g)	55.1g	9.9g
Fat, total (g)	51.1g	9.2g
- saturated (g)	13.9g	2.5g
Carbohydrate (g)	65.4g	11.8g
- sugars (g)	10.0g	1.8g
Sodium (mg)	1680mg	302mg

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.

If you have any questions or concerns, please visit

hellofresh.com.au/contact

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Prep the veggies

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into bite-sized chunks. Cut **beetroot** into small chunks. Slice **red onion** into wedges.



Toss the salad

While the chicken is cooking, combine **dill & parsley mayonnaise**, a drizzle of **olive oil** and a splash of **water** in a small bowl. Set aside. When roast veggies are ready, reserve 2 portions of **roast potato** for the kids' dinner. Transfer the remaining **roast potato** to the roast veggie tray, then add **mixed salad leaves** (1 medium bag for 2 people / 1 large bag for 4 people). Add **grated Parmesan cheese** and a drizzle of **white wine vinegar**. Toss to combine. Season to taste.

TIP: Toss the veggies on the oven tray to save on washing up!



Roast the veggies

Place **potato** on a lined oven tray. Place **carrot**, **beetroot** and **onion** on a second lined oven tray. Drizzle both **veggie** trays with **olive oil** and season with **salt**. Sprinkle **garlic & herb seasoning** over **potato**. Toss to coat. Roast until tender, **20-25 minutes**. Set aside to cool slightly.



Serve the adults' dinner

Reserve two portions of chicken for the kids' dinner. Slice remaining chicken. Divide roast veggie salad between plates. Top with sliced Aussie chicken. Drizzle over dill-parsley dressing. Sprinkle with **flaked almonds** to serve.



Cook the chicken

When veggies have **15 minutes** remaining, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a large bowl, combine **chicken**, **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **salt**. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).

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



Serve the kids' dinner

For the kids' dinner, preheat oven to **240°C/220°C fan-forced**. Thinly slice **tomato**. Halve **bake-at-home burger buns**. Place buns and reserved chicken and potato on a lined oven tray. Sprinkle chicken and potato with **shredded Cheddar cheese**. Bake until buns are heated through and cheese is melted, **5-8 minutes**. Spread bun bases with **creamy pesto dressing**. Top with cheesy chicken, tomato and remaining **mixed salad leaves**. Serve with cheesy potato chunks and **garlic aioli**.

Enjoy!