



Garlic & Herb Chicken

with Pumpkin Wedges & Smokey Aioli

Grab your Meal Kit with this symbol



Butternut Pumpkin



Tomato



Apple



Carrot



Slivered Almonds



Garlic & Herb Seasoning



Chicken Breast



Mixed Salad Leaves



Smokey Aioli

Hands-on: 25-35 mins
Ready in: 35-45 mins

Low Calorie

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

They say the simple things are often the best, which is why we created this classic dish that everyone will love. Just use our popular garlic and herb seasoning to coat succulent chicken and roast pumpkin to absolute perfection for a flavour-packed meal that's the best of the best!

Pantry items

Olive Oil, Balsamic Vinegar

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
olive oil*	refer to method	refer to method
butternut pumpkin	1	1
tomato	1	2
apple	1	2
carrot	½	1
slivered almonds	1 packet	2 packets
garlic & herb seasoning	1 sachet	2 sachets
chicken breast	1 packet	1 packet
mixed salad leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	2 tsp	1 tbs
smokey aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2261kJ (540Cal)	355kJ (84Cal)
Protein (g)	42.6g	6.7g
Fat, total (g)	23.9g	3.7g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	33.7g	5.3g
- sugars (g)	26.5g	4.2g
Sodium (mg)	517mg	81mg

Allergens

Always read product labels for the most up-to-date allergen information.

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



1. Roast the pumpkin

Preheat the oven to **240°C/220°C fan-forced**. Cut the **butternut pumpkin** into 2cm wedges. Place the **pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch of salt** and **pepper**, then toss to coat. Spread in a single layer and roast until tender, **20-25 minutes**.

TIP: Remove the pumpkin skin if you prefer!



2. Get prepped

While the pumpkin is roasting, roughly chop the **tomato**. Thinly slice the **apple**. Grate the **carrot** (see ingredients list). Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl and set aside.



3. Flavour the chicken

In a large bowl, combine the **garlic & herb seasoning**, a **good drizzle of olive oil** and a **pinch of salt** and **pepper**. 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 the **chicken** to the **garlic & herb mixture** and toss to coat.



4. Cook the chicken

Return the frying pan with a **drizzle of olive oil** to a medium-high heat. Add the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness).

TIP: If your pan is getting crowded, cook in batches for the best results!

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



5. Toss the salad

In a large bowl, combine **balsamic vinegar**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Add the **tomato**, **apple**, **carrot** and **mixed salad leaves**, and toss well to combine.



6. Serve up

Divide the salad, roast pumpkin wedges and chicken between plates. Spoon over any resting juices from the chicken. Dollop the **smokey aioli** on the side and sprinkle over the toasted almonds.

TIP: For the low-calorie option, omit the smokey aioli.

Enjoy!