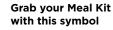
Garlic & Herb Chicken

with Pumpkin Wedges & Smokey Aioli















Apple





Slivered Almonds



Garlic & Herb Seasoning



Chicken Breast



Mixed Salad Leaves



Smokey Aioli

Pantry items Olive Oil, Balsamic Vinegar

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

Eat me early



Low Calorie



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!

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	1/2	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 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!

