



# Lemony Ginger Chicken & Roast Veggie Toss

with Crispy Shallots & Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Capsicum



Garlic



Lemon



Sesame Oil Blend



Baby Spinach Leaves



Crispy Shallots



Ginger Paste



Chicken Breast



Mayonnaise



### Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 25-35 mins  
Ready in: 35-45 mins



Carb Smart



Eat Me Early

Bursting with bold Asian-inspired flavours, nip that takeaway craving in the bud with this citrusy and zingy chicken dish. To keep the carbs in check, skip the rice and serve on a subtly sweet and earthy roast veggie toss.

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar



## 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
carrot	1	2
capsicum	1	2
garlic	1 clove	2 cloves
lemon	½	1
ginger paste	1 medium packet	1 large packet
sesame oil blend	½ packet	1 packet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	pinch	pinch
chicken breast	1 small packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
crispy shallots	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1943kJ (464Cal)	353kJ (84Cal)
Protein (g)	39.5g	7.2g
Fat, total (g)	24.5g	4.5g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	27.3g	5g
- sugars (g)	13.6g	2.5g
Sodium (mg)	573mg	104mg
Dietary Fibre (g)	9g	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](https://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 veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato**, **carrot** and **capsicum** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat
- Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## Make it saucy

- Remove pan from heat, then add the **lemon-ginger mixture**. Cook until bubbling, **1 minute**.
- Turn **chicken** to coat.



## Get prepped

- Meanwhile, finely chop **garlic**. Zest **lemon** to get a pinch, then slice into wedges.
- In a small bowl, combine **ginger paste**, **lemon zest**, **garlic**, **sesame oil blend** (see ingredients), the **soy sauce** and the **brown sugar**. Set aside.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.



## Toss the veggies

- To the tray with the **roasted veggies**, add **baby spinach leaves** and a squeeze of **lemon juice**.
- Gently toss to combine.



## Cook the chicken

- When the roast veggies have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- 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 up

- Slice the lemony ginger chicken.
- Divide chicken and roast veggie toss between plates. Spoon any remaining sauce from the pan over chicken.
- Sprinkle with **crispy shallots**. Serve with **mayonnaise** and any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



2022 | CW44

## Rate your recipe

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