



# Mexican Chicken & Charred Corn Salad

with Roasted Veggies & Chipotle Yoghurt

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Carrot



Coriander



Corn



Lime



Chicken Breast



Tex-Mex Spice Blend



Greek-Style Yoghurt



Mild Chipotle Sauce



Baby Spinach Leaves

Hands-on: 20-30 mins  
Ready in: 40-50 mins

Eat me early

Calorie Smart

Naturally gluten-free  
*Not suitable for Coeliacs*

With some mild spices, tasty sauce and a sprinkling of cheese, this chicken dish is transformed into a fiesta of flavour. Bonus: it's a nutritionally balanced meal that will keep you super satisfied but light on your toes!

### Pantry items

Olive Oil

## 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	1	2
capsicum	1	2
carrot	1	2
coriander	1 bag	1 bag
corn	1 cob	2 cobs
lime	½	1
chicken breast	1 small packet	1 large packet
Tex-Mex spice blend	1 sachet	2 sachets
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
mild chipotle sauce	1 tub	2 tubs
baby spinach leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2286kJ (546Cal)	342kJ (81Cal)
Protein (g)	42.6g	6.4g
Fat, total (g)	20.8g	3.1g
- saturated (g)	5.5g	0.8g
Carbohydrate (g)	40.7g	6.1g
- sugars (g)	26g	3.9g
Sodium (mg)	913mg	137mg

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.



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **capsicum** into 3cm chunks. Cut the **carrot** into 2cm chunks. Roughly chop the **coriander**. Slice the kernels off the **corn** cob. Zest the **lime** to get a generous pinch and slice into wedges.



## Roast the veggies

Spread the **sweet potato**, **capsicum** and **carrot** on an oven tray lined with baking paper. Add a drizzle of **olive oil** and a season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.



## Char the corn

While the veggies are in the oven, heat a large frying pan over a high heat. Add the **corn** kernels and cook until lightly charred, **4-5 minutes**. Transfer to a small bowl and set aside.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.



## Cook the chicken

**SPICY!** This is a mild spice blend, feel free to use less if you're sensitive to heat! In a medium bowl, combine the **chicken breast**, **Tex-Mex spice blend** and a drizzle of **olive oil**. Return the frying pan to a high heat with a drizzle of **olive oil**. Add the **chicken** to the pan and cook until browned, **2 minutes** each side. Transfer the **chicken** to a second oven tray lined with baking paper and bake until cooked through, **8-12 minutes** (depending on thickness).

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



## Make the chipotle yoghurt

While the chicken is in the oven, combine the **Greek yoghurt**, **mild chipotle sauce** and **lime zest** in a small bowl. When the **veggies** are done, add the **baby spinach leaves** to the tray and toss to combine.



## Serve up

Slice the chicken. Divide the roast veggies between plates and sprinkle over the charred corn. Top with the Mexican chicken and drizzle with the chipotle yoghurt. Garnish with the coriander. Serve with the lime wedges.

Enjoy!