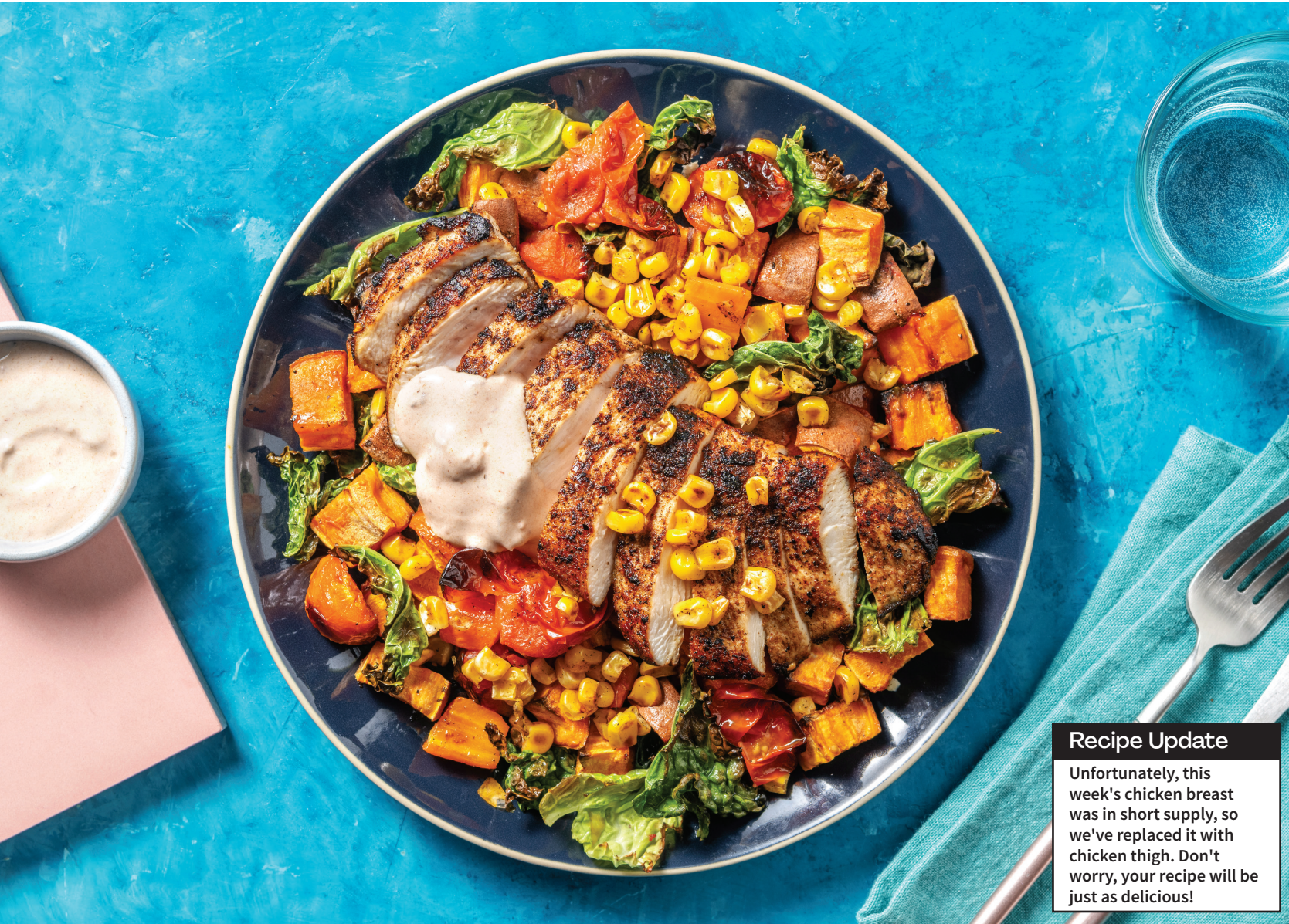




Smokey Chicken & Roast Veggie Toss

with Charred Corn & Chipotle Yoghurt

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Sweetcorn



Cherry/Snacking Tomatoes



Kale



Tex-Mex Spice Blend



Mild Chipotle Sauce



Chicken Thigh



Greek-Style Yoghurt



Chicken Thigh

Recipe Update

Unfortunately, this week's chicken breast was in short supply, so we've replaced it with chicken thigh. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 40-50 mins



Naturally Gluten-Free
Not suitable for coeliacs



Carb Smart
*Custom Recipe is not Carb Smart

With some mild spices and chipotle sauce, this chicken dish is transformed into a fiesta of flavours. Bonus: it's designed to keep you super satisfied but light on your toes!



Eat Me Early Dietitian Approved

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
cherry/snacking tomatoes	1 punnet	2 punnets
kale	1 medium bag	1 large bag
Tex-Mex spice blend	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
mild chipotle sauce	1 packet	2 packets
chicken thigh**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1959kJ (468Cal)	323kJ (77Cal)
Protein (g)	42.7g	7g
Fat, total (g)	15.9g	2.6g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	36.8g	6.1g
- sugars (g)	18.6g	3.1g
Sodium (mg)	999mg	165mg
Dietary Fibre (g)	11.1g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2829kJ (676Cal)	367kJ (87Cal)
Protein (g)	71.5g	9.3g
Fat, total (g)	26.1g	3.4g
- saturated (g)	6.9g	0.9g
Carbohydrate (g)	36.7g	4.8g
- sugars (g)	18.6g	2.4g
Sodium (mg)	1106mg	143mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW36



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** and **carrot** into bite-sized chunks.
- Drain the **sweetcorn**.



Cook the chicken

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

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

Custom Recipe: If you've doubled your chicken thigh, brown the chicken in batches for best results!



Roast the veggies

- Place **sweet potato**, **carrot** and **cherry tomatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.
- Meanwhile, roughly tear **kale** leaves, then discard stems.
- When the veggies have **8 minutes** remaining, add **kale** and a pinch of **salt** to the oven tray. Gently toss to combine. Roast until tender, **5-8 minutes**.



Make the chipotle yoghurt

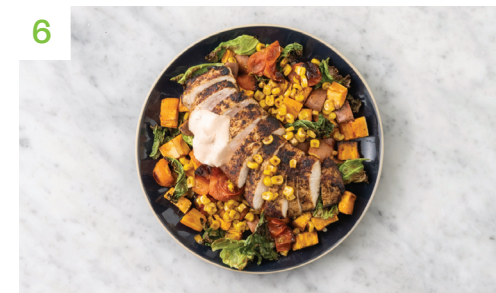
- **SPICY!** Chipotle is a mild sauce, but use less if you're sensitive to heat! While the chicken is baking, combine **Greek-style yoghurt** and **mild chipotle sauce** in a small bowl.
- Set aside.



Char the corn

- While the veggies are roasting, heat a large frying pan over high heat.
- Cook **corn kernels** until lightly browned, **4-5 minutes**.
- Transfer to a bowl.

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



Serve up

- Slice smokey chicken.
- Divide roast veggie toss between plates. Top with chicken. Sprinkle with charred corn.
- Serve with a dollop of chipotle yoghurt. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate