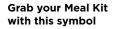


Mexican Chicken Steaks

with Sweet Potato & Fetta Toss











Cherry Tomatoes



Baby Spinach Leaves



Cucumber



Mexican Fiesta Spice Blend



Sour Cream



Chicken Breast



Fetta





Hands-on: 20-30 mins Ready in: 35-45 mins



Naturally gluten-free Not suitable for Coeliacs

Spicy (Mexican Fiesta spice blend) Low on fuss and big on flavour, this simple meal is perfect for a weeknight dinner. Pan-fried chicken coated in Mexican spices is paired with a salad studded with roasted sweet potato and creamy fetta. Simply delicious!

Pantry items Olive Oil, White Wine 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

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	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
cherry tomatoes	1 punnet	2 punnets
baby spinach leaves	1 bag (30g)	1 bag (60g)
cucumber	1	2
Mexican Fiesta spice blend	1 sachet	2 sachets
sour cream	1 packet (100g)	1 packet (200g)
chicken breast	1 packet	1 packet
fetta	1 block (25g)	1 block (50g)
white wine vinegar*	1 tsp	2 tsp

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2340kJ (560Cal)	357kJ (85Cal)
Protein (g)	47.7g	7.3g
Fat, total (g)	22.6g	3.5g
- saturated (g)	10.8g	1.7g
Carbohydrate (g)	37.2g	5.7g
- sugars (g)	19.3g	2.9g
Sodium (g)	901mg	137mg

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. Bake the sweet potato

Preheat the oven to 220°C/200°C fan-forced. Cut the sweet potato (unpeeled) into 1cm chunks. Place the **sweet potato**, a **drizzle** of **olive oil** and a pinch of salt and pepper onto the oven tray lined with baking paper. Toss to coat, then bake until tender, 20-25 minutes.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.



2. Get prepped

While the sweet potato is roasting, halve the cherry tomatoes. Roughly chop the baby spinach leaves. Finely chop the cucumber.



3. Prep the chicken

SPICY! The spice blend is hot, use less if you're sensitive to heat. In a medium bowl, combine the Mexican Fiesta spice blend, some sour cream (1 tbs for 2 people / 2 tbs for 4 people) and a drizzle of olive oil. 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 **Mexican spice** and toss to coat.



4. Cook the chicken

When the sweet potato has 10 minutes cook time remaining, heat a drizzle of olive oil in a large frying pan over a medium-high heat. Add the chicken and cook until cooked through, 3-5 minutes each side (depending on thickness).

TIP: Chicken is cooked through when it's no longer pink in the middle.



5. Make the sweet potato toss

In a medium bowl, combine the roasted sweet potato, cherry tomatoes, baby spinach leaves, cucumber, crumbled fetta, white wine vinegar, olive oil (2 tsp for 2 people / 1 tbs for 4 people) and a pinch of salt and pepper. Toss to coat.



6. Serve up

Divide the sweet potato and fetta toss and chicken between plates. Serve with the remaining sour cream.

Enjoy!