



Mexican Chicken Steaks

with Sweet Potato & Fetta Toss

Grab your Meal Kit with this symbol 



Sweet Potato



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)

 Eat me early

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 feta. 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

	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](https://www.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!