















Nan's Chicken & Roast Veggie Toss



with Garlic Fetta & Balsamic Glaze

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Yellow Squash
-  Carrot
-  Beetroot
-  Red Onion
-  Nan's Special Seasoning
-  Chicken Breast
-  Flaked Almonds
-  Garlic
-  Baby Spinach Leaves
-  Balsamic Glaze
-  Fetta Cheese

 Hands-on: 30-40 mins
 Ready in: 35-45 mins
 Naturally gluten-free
Not suitable for Coeliacs

 Calorie Smart
 Eat me early

Who said healthy was boring? This nutritionally balanced dish combines succulent chicken steaks with our popular Nan's special seasoning for incredible flavour, while roasted veggies are topped with creamy fetta and a tangy glaze to tie it all together.

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	2	4
yellow squash	1 bag (100g)	1 bag (200g)
carrot	1	2
beetroot	1	2
red onion	1	2
Nan's special seasoning	1 sachet	2 sachets
chicken breast	1 small packet	1 large packet
flaked almonds	1 packet	2 packets
garlic	1 clove	2 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
balsamic glaze	½ bottle	1 bottle
fetta cheese	1 small block (25g)	1 medium block (50g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2567kJ (613Cal)	341kJ (81Cal)
Protein (g)	45.3g	6g
Fat, total (g)	20.1g	2.7g
- saturated (g)	5.5g	0.7g
Carbohydrate (g)	55.3g	7.4g
- sugars (g)	36.5g	4.9g
Sodium (mg)	663mg	88mg

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.



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) and **yellow squash** into 2cm chunks. Cut the **carrot** (unpeeled) into 1cm rounds. Cut the **beetroot** (unpeeled) into 1cm chunks. Cut the **red onion** into 3cm wedges. Divide the **veggies** between two oven trays lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until tender, **25-30 minutes**.

TIP: Cut the veggies to size so they cook in time.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness).

TIP: The chicken is cooked when it's no longer pink inside.



Prep the chicken

While the veggies are roasting, place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, combine a drizzle of **olive oil** and the **Nan's special seasoning**, then season with **pepper**. Add the **chicken** steaks and toss to coat. Set aside.



Prep the toppings

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, stirring, until fragrant, **2-3 minutes**. Transfer to a plate and set aside. Finely chop the **garlic**. Return the pan to a medium heat with a drizzle of **olive oil**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a small bowl, crumble in the **fetta** and mash to combine.



Bring it all together

In a large bowl, combine the **roasted veggies** and **baby spinach leaves**. Season to taste.



Serve up

Slice the Nan's chicken. Divide the roast veggie toss and chicken between plates and drizzle with the **balsamic glaze** (see ingredients). Sprinkle with the toasted flaked almonds and garlic fetta.

Enjoy!