



Aussie Chicken & Bacon Roast Veggies

with Mustard Mayo

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Beetroot



Carrot



Aussie Spice Blend



Baby Spinach Leaves



Chicken Thigh



Diced Bacon



Mustard Mayo



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

We're giving chicken a flavour upgrade with our trusty Aussie seasoning and a dollop of mustard mayo. Served on a bed of warm roast veggies tossed with baby spinach and pan-seared bacon, this is one delish dinner.

Eat Me Early

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	2	4
beetroot	1	2
carrot	1	2
Aussie spice blend	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
diced bacon	1 packet (90g)	1 packet (180g)
baby spinach leaves	1 small bag	1 medium bag
mustard mayo	1 packet (50g)	1 packet (100g)
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2531kJ (605Cal)	395kJ (94Cal)
Protein (g)	44.8g	7g
Fat, total (g)	25.9g	4g
- saturated (g)	6g	0.9g
Carbohydrate (g)	47.6g	7.4g
- sugars (g)	27.8g	4.3g
Sodium (mg)	1328mg	208mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2461kJ (588Cal)	385kJ (92Cal)
Protein (g)	47.7g	7.5g
Fat, total (g)	22.7g	3.5g
- saturated (g)	5g	0.8g
Carbohydrate (g)	47.6g	7.4g
- sugars (g)	27.8g	4.3g
Sodium (mg)	1315mg	205mg

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://www.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



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks. Cut **beetroot** into 1cm chunks. Cut **carrot** into thick rounds.
- Divide prepped **veggies** between two lined oven trays. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.

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



Cook the bacon

- Meanwhile, wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **diced bacon**, breaking up with a spoon, until golden, **4-6 minutes**.



Prep the chicken

- Meanwhile, combine **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl.
- Season, then add **chicken thigh**, turning to coat.

Little cooks: Help combine the ingredients for the marinade, and turn the chicken in it to coat. Make sure to wash your hands well afterwards!

Custom Recipe: If you've swapped to chicken breast, season chicken breast in the same way as above.



Toss the bacon roast veggies

- Combine roasted **veggies** on one of the oven trays.
- Top with **bacon** and **baby spinach leaves**, gently toss to combine. Season to taste.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken thigh** until browned, **2 minutes** each side.
- After **15 minutes**, remove one of the veggie trays from the oven, then transfer the browned **chicken** to the tray.
- Return tray to the oven to bake until veggies are tender and **chicken** is cooked through (when no longer pink inside), **8-12 minutes**.

Custom Recipe: Heat frying pan as above. Cook chicken breast, until browned, 2 minutes each side. After 20 minutes, remove veggie tray from oven, then add browned chicken breast to the tray. Return to the oven to bake until veggies are tender and chicken is cooked through, 6-10 minutes.



Serve up

- Slice Aussie chicken.
- Divide bacon roast veggies between plates. Top with chicken.
- Serve with a dollop of **mustard mayo**. Enjoy!

Little cooks: Add the finishing touch by dolloping the mayo on top!

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