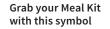


Aussie Chicken & Bacon Roast Veggies

with Mustard Mayo

KID FRIENDLY







Sweet Potato





Carrot







Baby Spinach



Chicken Thigh





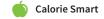
Diced Bacon





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

Eat Me Early



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.



Olive Oil

Pantry items

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 \cdot 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) Custom Recipe	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



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**.



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.



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!



Scan here if you have any questions or concerns



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