

Seed-Crusted Chicken & Roast Veggie Toss

with Wholegrain Mustard

Grab your Meal Kit with this symbol



Beetroot



Brown Onion



Carrot



Turnip



Roasted Seed Mix



Aussie Spice Blend



Herb Crumbing Mix



Baby Spinach Leaves



Chicken Breast



Wholegrain Mustard



Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **25-35** mins
Ready in: **35-45** mins

Carb Smart

Dietitian Approved

Eat Me Early

Jazz up juicy chicken breast by coating it in our tried and true Aussie spice blend, along with a lovely mix of roasted seeds. Sear it in the pan for a golden, flavour-packed crust and dig into a meal that has less carbs than you'd think!

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
beetroot	1	2
brown onion	1	2
carrot	1	2
turnip	1	2
chicken breast	1 small packet	1 large packet
roasted seed mix	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
herb crumbing mix	½ medium packet	1 medium packet
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
wholegrain mustard	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1928kJ (461Cal)	338kJ (81Cal)
Protein (g)	46.9g	8.2g
Fat, total (g)	14.9g	2.6g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	32.4g	5.7g
- sugars (g)	22.8g	4g
Sodium (mg)	959mg	168mg
Dietary Fibre (g)	14.2g	2.5g

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.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **beetroot** into thin wedges. Cut **brown onion** into thick wedges. Chop **carrot** into bite-sized chunks. Peel **turnip**, then cut into bite-sized chunks.
- Place **beetroot, brown onion, carrot** and **turnip** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

4



Cook the chicken

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- When oil is hot, cook **chicken** until golden and cooked through, **3-5 minutes** each side (cook in batches if pan is getting crowded).

TIP: Add extra oil between batches so the chicken doesn't stick to the pan!

TIP: Chicken is cooked through when it's no longer pink inside.

2



Prep the chicken

- Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- Crush **roasted seed mix** in its sachet using a rolling pin or with a pestle and mortar until resembling fine crumbs.

3



Flavour the chicken

- In a large bowl, combine **Aussie spice blend** and a good drizzle of **olive oil**. Season, then add **chicken**, turning to coat.
- Add crushed **seed mix** and **herb crumbing mix** (see ingredients). Turn **chicken** again, pressing into **seed mixture** to coat.

5



Toss the veggies

- To the roast **veggie** tray, add **baby spinach leaves** and a drizzle of **white wine vinegar**.
- Gently toss to combine.

6



Serve up

- Slice seed-crusted chicken (or leave unsliced, if you prefer!).
- Divide chicken and roast veggie toss between plates.
- Serve with **wholegrain mustard**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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