



Seed-Crusted Chicken & Roast Veggie Toss

with Wholegrain Mustard

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Beetroot



Brown Onion



Carrot



Green Beans



Kale



Roasted Seed Mix



Aussie Spice Blend



Herb Crumbing Mix



Chicken Breast



Wholegrain Mustard

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

Carb Smart

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

Two oven trays 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	½	1
carrot	1	2
green beans	1 small bag	1 medium bag
kale	1 medium bag	1 large bag
roasted seed mix	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	2 medium sachets
chicken breast	1 small packet	1 large packet
herb crumbing mix	½ medium packet	1 medium packet
white wine vinegar*	drizzle	drizzle
wholegrain mustard	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1876kJ (448Cal)	323kJ (77Cal)
Protein (g)	45.9g	7.9g
Fat, total (g)	13.5g	2.3g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	34.1g	5.9g
- sugars (g)	23.3g	4g
Sodium (mg)	1005mg	173mg
Dietary Fibre (g)	15.5g	2.7g

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 **beetroot** into thin wedges. Cut **brown onion** (see ingredients) into thick wedges. Cut **carrot** into bite-sized chunks. Trim **green beans**.
- Place **beetroot**, **brown onion** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until almost tender, **10-15 minutes**.
- Meanwhile, roughly tear **kale leaves**, then discard stems. Remove tray from oven. Add **green beans** and **kale** to any free space. Drizzle with **olive oil**, then season. Bake until tender, a further **5-8 minutes**.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned, **2 minutes** each side (cook in batches if your pan is getting crowded).
- Transfer **chicken** to a second lined oven tray. Bake until cooked through, **6-10 minutes**.

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



Prep the seasoning

- Meanwhile, crush **roasted seed mix** in its sachet using a rolling pin or with a pestle and mortar until resembling fine crumbs.



Flavour the chicken

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



Toss the veggies

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



Serve up

- Slice seed-crusted chicken.
- 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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