

# Tex-Mex Chicken

with Roast Veggie Salad & Lime Sour Cream

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Red Onion



Corn



Lime



Chicken Breast



Tex-Mex Spice Blend




Sour Cream





Mixed Salad Leaves



Coriander

 Hands-on: 25-35 mins  
 Ready in: 35-45 mins  
 Naturally gluten-free  
 Not suitable for Coeliacs

 Eat me early  
 Calorie Smart

Let's hear it for mid-week Mexican! There's something so satisfying about bringing together all of these delicious elements for a bit of crafty dinner assemblage. Every mouthful is a kaleidoscope of yummy roast veggies, sweet corn, succulent chicken and zesty sour cream.

### 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
capsicum	1	2
red onion	1	2
corn	1 cob	2 cobs
lime	½	1
chicken breast	1 small packet	1 large packet
Tex-Mex spice blend	1 sachet	2 sachets
sour cream	1 packet (100g)	1 packet (200g)
mixed salad leaves	1 bag (30g)	1 bag (60g)
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2631kJ (628Cal)	357kJ (85Cal)
Protein (g)	44g	6g
Fat, total (g)	24.5g	3.3g
- saturated (g)	9.4g	1.3g
Carbohydrate (g)	51.3g	7g
- sugars (g)	29.3g	4g
Sodium (mg)	524mg	71mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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 **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **capsicum** into 2cm chunks. Cut the **red onion** into 2cm wedges. Divide the **veggies** between two oven trays lined with baking paper. Drizzle both trays with **olive oil** and season with **salt and pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

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



## 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). Cook the chicken in batches if your pan is getting crowded.

**TIP:** Don't worry if the chicken chars a bit, this adds to the flavour!



## Get prepped

While the veggies are roasting, slice the kernels off the **corn** cob. Zest the **lime** to get a good pinch, then slice into wedges. 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 the **Tex-Mex spice blend** and a drizzle with **olive oil**. Season with **salt and pepper**. Add the **chicken** then toss to coat.



## Bring it together

Add the **roast veggies** and **mixed salad leaves** to the **corn**. Drizzle with **olive oil** and a squeeze of **lime juice**. Season to taste and toss to combine.

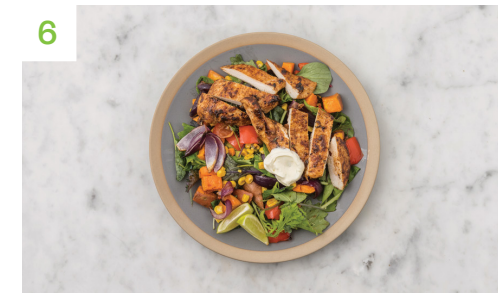


## Char the corn

Heat a large frying pan over a high heat. When the pan is hot, add the **corn** kernels and cook, tossing, until lightly charred, **5 minutes**. Transfer to a large bowl. Set aside. In a small bowl, combine the **sour cream**, **lime zest** and a generous squeeze of **lime juice**. Season with **salt and pepper**.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.

**TIP:** Add more or less lime juice and zest to taste.



## Serve up

Roughly chop the **coriander**. Slice the Tex-Mex chicken. Divide the roast sweet potato salad between plates. Top with the chicken and lime sour cream. Sprinkle with the coriander to serve.

## Enjoy!