



Spiced Chicken & Roast Pumpkin Toss

with Silverbeet & Creamy Pesto Dressing

NEW

KID FRIENDLY

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Parsnip



Beetroot



Carrot



Peeled Pumpkin Pieces



Silverbeet



Chicken Breast



Aussie Spice Blend



Creamy Pesto Dressing



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins



Carb Smart*

*Custom Recipe is not Carb Smart



Eat Me Early

When a classic is done well, it's bound to be remembered and loved for a while. Chicken is cooked until golden, and with roast pumpkin and beetroot on the side and a serving of creamy pesto dressing, this dinner is going to be making its way into the history books for sure.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
parsnip	1	2
beetroot	1	2
carrot	1	2
peeled pumpkin pieces	1 bag (400g)	1 bag (800g)
silverbeet	1 bag	1 bag
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
white wine vinegar*	drizzle	drizzle
creamy pesto dressing	1 packet (40g)	1 packet (80g)
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2038kJ (487Cal)	310kJ (74Cal)
Protein (g)	40.2g	6.1g
Fat, total (g)	20.2g	3.1g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	33.8g	5.1g
- sugars (g)	23g	3.5g
Sodium (mg)	938mg	143mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2798kJ (669Cal)	343kJ (82Cal)
Protein (g)	72.7g	8.9g
Fat, total (g)	25.9g	3.2g
- saturated (g)	4.9g	0.6g
Carbohydrate (g)	33.8g	4.1g
- sugars (g)	23g	2.8g
Sodium (mg)	1036mg	127mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/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

2023 | CW27



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **parsnip**, **beetroot** and **carrot** into bite-sized chunks.
- Place **peeled pumpkin pieces** on a lined oven tray with a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Place **parsnip**, **beetroot** and **carrot** on a second lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until golden and tender, **20-25 minutes**.

Little cooks: Help toss the veggies.



Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

TIP: The chicken is cooked when it's no longer pink inside.

Custom Recipe: Cook chicken in batches for the best result!



Sauté the silverbeet

- Roughly chop **silverbeet**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **silverbeet** until tender, **2-3 minutes**. Transfer to a bowl and cover to keep warm.



Bring it all altogether

- When the veggies are done, add **silverbeet** and a drizzle of **white wine vinegar** to the tray.
- Toss to combine and season to taste.



Prep the chicken

- When the veggies have **10 minutes** remaining, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a large bowl, combine **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **pepper**. Add **chicken** and turn to coat.

Custom Recipe: If you've doubled your chicken breast, prep and flavour as above.



Serve up

- Slice the chicken.
- Divide spiced chicken, tossed veggies and roast pumpkin between plates.
- Drizzle with **creamy pesto dressing** to serve. Enjoy!

Little cooks: Add the finishing touch by drizzling over the pesto dressing!

Rate your recipe

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