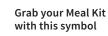


Spiced Chicken & Roast Pumpkin Toss

with Silverbeet & Creamy Pesto Dressing

NEW

KID FRIENDLY DIETITIAN APPROVED











Carrot







Silverbeet





Aussie Spice Blend



Dressing

Creamy Pesto





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

Eat Me Early



*Custom Recipe is not Carb Smart

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.



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 \cdot 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

Per Serving	Per 100g
2038kJ (487Cal)	310kJ (74Cal)
40.2g	6.1g
20.2g	3.1g
3.2g	0.5g
33.8g	5.1g
23g	3.5g
938mg	143mg
	2038kJ (487Cal) 40.2g 20.2g 3.2g 33.8g 23g

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.



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.



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.



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.



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!



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.



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!



