

Creole Honey Chicken & Zesty Veggie Fries

with Apple Slaw & Smokey Aioli

Grab your Meal Kit with this symbol



Potato



Carrot



Parsnip



Zesty Chilli Salt



Apple



Chicken Breast



Creole Spice Blend



Shredded Cabbage Mix

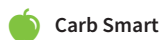


Smokey Aioli



Beef Rump

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



Carb Smart

Eat Me Early

Kicking us off is this mouth-watering Creole seasoned chicken drizzled in a sweet honey coating and served with a smokey aioli. The colourful display of roast veggies fries are also bringing their A-game tonight so you best join in the fun too!

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

Pantry items

Olive Oil, Butter, Honey, Vinegar (White Wine or Rice Wine)

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
parsnip	1	2
zesty chilli salt	½ sachet	1 sachet
apple	1	2
chicken breast	1 packet	1 packet
Creole spice blend	1 sachet	1 sachet
butter*	20g	40g
honey*	½ tbs	1 tbs
shredded cabbage mix	1 bag (150g)	1 bag (300g)
vinegar* (white wine or rice wine)	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet
beef rump**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2284kJ (545Cal)	421kJ (100Cal)
Protein (g)	38.4g	7.1g
Fat, total (g)	26g	4.8g
- saturated (g)	8.2g	1.5g
Carbohydrate (g)	39.6g	7.3g
- sugars (g)	22.6g	4.2g
Sodium (mg)	916mg	169mg
Dietary Fibre (g)	9.9g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2408kJ (575Cal)	452kJ (108Cal)
Protein (g)	38.5g	7.2g
Fat, total (g)	29.5g	5.5g
- saturated (g)	11.7g	2.2g
Carbohydrate (g)	39.6g	7.4g
- sugars (g)	22.6g	4.2g
Sodium (mg)	891mg	167mg
Dietary fibre	9.9g	1.9g

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 | CW31



1



Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato, carrot** and **parsnip** into fries.
- Place **veggies fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly and bake until tender, **20-25 minutes**.
- When the fries are done, sprinkle over **zesty chilli salt (see ingredients)** and toss to coat.

4



Cook the chicken

- When the veggies have **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Remove pan from heat, then add the **butter** and **honey**, turning **chicken** to coat.

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

Custom Recipe: Heat the pan and oil as above. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

2



Get prepped

- Meanwhile, thinly slice **apple**.
- Cut **chicken breast** into 2cm chunks.

Custom Recipe: If you upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened.

5



Toss the slaw

- While the chicken is cooking, combine **shredded cabbage mix, apple** and a drizzle of **vinegar** and **olive oil** in a large bowl. Season to taste.

3



Flavour the chicken

- In a medium bowl, combine **chicken, Creole spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

Custom Recipe: Flavour the beef as above.

6



Serve up

- Divide Creole honey chicken, zesty veggie fries and apple slaw between plates.
- Serve with **smokey aioli**. Enjoy!

Custom Recipe: Slice the beef rump to serve.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate