

Easy Golden Chicken & Roast Pumpkin Toss

with Creamy Pesto Dressing

WINTER WARMERS

KID FRIENDLY

Grab your Meal Kit with this symbol



Parsnip



Onion



Peeled Pumpkin Pieces



Aussie Spice Blend



Diced Chicken



Baby Spinach Leaves




Zesty Chilli Salt



Creamy Pesto Dressing

Prep in: 15-25 mins
Ready in: 35-45 mins

 Carb Smart

 Eat Me Early

Pumpkin is very hard to resist when it's roasted, those tender, orange pieces have a touch of smokiness and go perfectly when joined by other roasted veggies, a creamy pesto and spiced chicken. Dig in and enjoy!

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 · Medium frying pan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
onion	½ (medium)	1 (medium)
peeled pumpkin pieces	1 bag (400g)	1 bag (800g)
Aussie spice blend	1 sachet	1 sachet
diced chicken	1 packet	1 packet
baby spinach leaves	1 medium bag	1 large bag
zesty chilli salt	½ sachet	1 sachet
white wine vinegar*	drizzle	drizzle
creamy pesto dressing	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1700kJ (406Cal)	349kJ (83Cal)
Protein (g)	39.4g	8.1g
Fat, total (g)	16.8g	3.4g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	23.3g	4.8g
- sugars (g)	13.2g	2.7g
Sodium (mg)	767mg	157mg
Dietary Fibre (g)	5.7g	1.2g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **parsnip** into bite-sized chunks. Slice **onion** (see ingredients) into wedges.
- Place **parsnip** on a large microwave-safe plate. Cover with a damp paper towel. Microwave **parsnip** on high, **2 minutes**.
- Drain, then divide **peeled pumpkin pieces, parsnip** and **onion** between two lined oven trays. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until golden and tender, **12-15 minutes**.

TIP: Watch the veggies closely to ensure they don't overcook!

Little cooks: Help toss the veggies.

3



Bring it all together

- When the veggies are done, add **baby spinach leaves, zesty chilli salt** (see ingredients) and a drizzle of **white wine vinegar** and **olive oil** to the oven trays. Gently toss to combine. Season to taste.

2



Cook the chicken

- In a large bowl, combine **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **pepper**. Add **diced chicken** and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.

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

4



Serve up

- Divide roast pumpkin toss between plates. Top with chicken.
- Serve with **creamy pesto dressing**. Enjoy!

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

We're here to help!

Scan here if you have any questions or concerns



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