

Lemon Pepper Chicken & Honey Yoghurt

with Roast Root Veggie Salad & Caramelised Onion

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DIETITIAN APPROVED



Pantry items

Olive Oil, Honey, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

Calorie Smart* Ready in: 40-50 mins *Custom Recipe is not Calorie Smart

We've been digging for gold and now we finally have it! These root veggies are priceless additions to a salad, hearty and earthy, they add volumes of flavour to zesty pepper chicken bites. The crowning jewel is a sweet honey yoghurt!

1 Eat Me Early

Prep in: 30-40 mins

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

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 \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
parsnip	1	2
beetroot	1	2
onion	1 (medium)	1 (large)
lemon	1/2	1
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
lemon pepper spice blend	1 sachet	1 sachet
diced chicken	1 packet	1 packet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
mixed salad leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
diced chicken**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2267kJ (542Cal)	303kJ (72Cal)
Protein (g)	45.7g	6.1g
Fat, total (g)	11.2g	1.5g
- saturated (g)	2.9g	0.4g
Carbohydrate (g)	66.9g	8.9g
- sugars (g)	33.4g	4.5g
Sodium (mg)	390mg	52mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2924kJ (699Cal)	326kJ (78Cal)
Protein (g)	79.1g	8.8g
Fat, total (g)	13.6g	1.5g
- saturated (g)	3.6g	0.4g
Carbohydrate (g)	66.9g	7.4g
- sugars (g)	33.4g	3.7g
Sodium (mg)	452mg	50mg

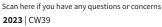
The quantities provided above are averages only.

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!





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Peel potato, then cut into bite-sized chunks. Cut carrot and parsnip into bite-sized chunks. Cut beetroot into small chunks.
- Place veggies on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Roast until tender, 20-25 minutes. Set aside to slightly cool.

TIP: If your oven tray is crowded, divide between two trays.



Get prepped

- Meanwhile, thinly slice **onion**. Cut **lemon** into wedges.
- In a small bowl, combine **Greek-style yoghurt**, a squeeze of **lemon juice** and the **honey**. Season with **salt** and **pepper**. Set aside.
- In a large bowl, combine lemon pepper spice blend, a drizzle of olive oil and a generous pinch of salt. Add diced chicken and turn to coat. Set aside.



Caramelise the onion

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the balsamic vinegar, brown sugar and a splash of water and mix well. Cook until dark and sticky,
 3-5 minutes. Transfer to a second small bowl.



Cook the chicken

 Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
 Cook chicken, tossing occasionally, until cooked through, 3-4 minutes.

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

Custom Recipe: If you've doubled your diced chicken, cook in batches for the best results.



Bring it all together

 In a second large bowl, combine mixed salad leaves, roasted veggies and a drizzle of white wine vinegar and olive oil. Season and gently toss to combine.



Serve up

- Divide roast root veggie salad between bowls. Top with lemon pepper chicken and caramelised onion.
- Drizzle with honey yoghurt dressing and serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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