

Lemon Pepper Chicken & Honey Yoghurt

with Roast Root Veggie Salad & Caramelised Onion

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Carrot



Parsnip



Beetroot



Onion



Lemon



Greek-Style Yoghurt



Lemon Pepper Spice Blend



Diced Chicken



Mixed Salad Leaves



Diced Chicken

Prep in: 30-40 mins
Ready in: 40-50 mins

 Eat Me Early



Calorie Smart*

*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!

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

Pantry items

Olive Oil, Honey, Balsamic Vinegar, Brown Sugar, 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

Oven tray lined with baking paper · 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	½	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!

Scan here if you have any questions or concerns

2023 | CW39



1



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.

4



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.

2



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.

5



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.

3



Caramelize 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.

6



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!

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