



South American-Style Chicken & Roast Veggie Toss

with Onion Chutney & Mayo

BESTSELLER

Grab your Meal Kit with this symbol



Carrot



Potato



Beetroot



South American Seasoning



Chicken Thigh



Onion Chutney



Baby Spinach Leaves



Mayonnaise



Diced Bacon

Recipe Update

Unfortunately, this week's pumpkin was in short supply, so we've replaced it with potato. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 35-45 mins
Ready in: 40-50 mins



Carb Smart*
**Custom Recipe is not Carb Smart*



Eat Me Early

This heavenly chicken coated in our South American seasoning is full of flavour, thanks to red capsicum, onion and garlic. Add a medley of veggies, sweet chutney and a dollop of creamy mayo and it's satisfaction, guaranteed!

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

Pantry items

Olive Oil

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	2	4
beetroot	1	2
South American seasoning	1 sachet	2 sachets
chicken thigh	1 small packet	2 small packets OR 1 large packet
onion chutney	1 packet (40g)	1 packet (80g)
baby spinach leaves	1 small bag	1 medium bag
mayonnaise	1 medium packet	1 large packet
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2213kJ (529Cal)	369kJ (88Cal)
Protein (g)	35.5g	5.9g
Fat, total (g)	28.9g	4.8g
- saturated (g)	6.3g	1g
Carbohydrate (g)	36.5g	6.1g
- sugars (g)	25.9g	4.3g
Sodium (mg)	909mg	152mg
Dietary Fibre (g)	8.8g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2798kJ (669Cal)	430kJ (103Cal)
Protein (g)	43.4g	6.7g
Fat, total (g)	41.1g	6.3g
- saturated (g)	10.7g	1.6g
Carbohydrate (g)	36.6g	5.6g
- sugars (g)	25.9g	4g
Sodium (mg)	1308mg	201mg

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 | CW40



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **potato** into bite-sized chunks. Cut **beetroot** into small chunks.



Cook the chicken

- When the veggies have **10 minutes** cook time remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **chicken**, turning occasionally, until browned and cooked through, **14-16 minutes**.
- Remove pan from heat, then add **onion chutney** and a splash of **water**, turning **chicken** to coat.

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

Custom Recipe: If you've added diced bacon to your meal, before cooking the chicken, heat the frying pan as above. Cook bacon, breaking up with a spoon, until golden, 6-7 minutes. Transfer to a bowl. Continue with step.



Roast the veggies

- Divide **carrot**, **potato** and **beetroot** between two lined oven trays.
- Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.



Toss the veggies

- When the **veggies** are done, combine them on one tray, then add **baby spinach leaves** and toss to combine. Season to taste.

Custom Recipe: When the veggies are done, add diced bacon with baby spinach leaves and toss to combine.



Prep the chicken

- While the veggies are roasting, combine **South American seasoning** and a drizzle of **olive oil** in a medium bowl.
- Season with **pepper**, then add **chicken thigh** and turn to coat.



Serve up

- Slice South American-style chicken.
- Divide roast veggie toss between bowls. Top with chicken.
- Spoon over remaining glaze from the pan. Serve with **mayonnaise**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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