



Chicken & Roast Cauliflower Filo Pie

with Sesame Seeds & Garden Salad

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Onion



Carrot



Cauliflower



Diced Chicken



Aussie Spice Blend



Garlic Paste



Chicken-Style Stock Powder



Baby Spinach Leaves



Filo Pastry



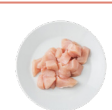
Sesame Seeds



Tomato



Mixed Salad Leaves



Diced Chicken

Prep in: 20-30 mins
Ready in: 35-45 mins



Calorie Smart*
**Custom Recipe is not Calorie Smart*



Eat Me Early

This cosy dinner packs in a veggie-loaded chicken base that's full of flavour, then tops off the whole dish with a light and flakey filo pastry. Be sure to serve it fresh from the oven for an optimally crisp pastry!

CUSTOM RECIPE

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

Pantry items

Olive Oil, Plain Flour, Milk, Butter, Vinegar (White Wine or Balsamic)

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

Medium or large baking dish · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
carrot	1	2
cauliflower	1 portion (200g)	1 portion (400g)
diced chicken	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
garlic paste	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet
plain flour*	1 tsp	2 tsp
milk*	¾ cup	1½ cups
baby spinach leaves	1 small bag	1 medium bag
butter*	30g	60g
filo pastry	1 medium packet	1 large packet
sesame seeds	1 packet	1 packet
tomato	1	2
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
diced chicken**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2561kJ (612Cal)	405kJ (97Cal)
Protein (g)	48.3g	7.6g
Fat, total (g)	19.6g	3.1g
- saturated (g)	9.7g	1.5g
Carbohydrate (g)	58.8g	9.3g
- sugars (g)	15.2g	2.4g
Sodium (mg)	1620mg	256mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3218kJ (769Cal)	411kJ (98Cal)
Protein (g)	81.8g	10.5g
Fat, total (g)	22g	2.8g
- saturated (g)	10.4g	1.3g
Carbohydrate (g)	58.8g	7.5g
- sugars (g)	15.2g	1.9g
Sodium (mg)	1682mg	215mg

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



Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Roughly chop **onion**. Grate the **carrot**. Cut **cauliflower** into small florets.



Assemble & bake the pie

- Transfer **chicken filling** to the baking dish with **cauliflower**, then add **baby spinach leaves** and stir to combine.
- In a small microwave-safe bowl, add the **butter**. Microwave in **10 second bursts** until melted.
- Lightly scrunch each sheet of **filo pastry** and place on top of the **chicken mixture** to completely cover. Gently brush melted **butter** over to coat. Sprinkle with **sesame seeds**.
- Bake **pie** until pastry is golden, **15-20 minutes**.

Little cooks: Add the finishing touch by sprinkling over the sesame seeds!



Roast the cauliflower

- Place **cauliflower** in a baking dish. Season with **salt** and drizzle with **olive oil**. Toss to coat and roast until tender, **20-25 minutes**.



Make the salad

- While the pie is baking, roughly chop **tomato**.
- In a medium bowl, add **mixed salad leaves**, **tomato** and a drizzle of **vinegar** and **olive oil**.
- Toss to combine and season to taste.

Little cooks: Take the lead by tossing the salad!



Make the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **diced chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Add **carrot** and **onion** and cook, stirring, until softened, **4-6 minutes**.
- Add **Aussie spice blend**, **garlic paste**, **chicken-style stock powder** and the **plain flour** and cook, stirring, until fragrant, **1 minute**.
- Add the **milk** and cook, stirring, until reduced, **1-2 minutes**.

Custom Recipe: If you've doubled your diced chicken, cook in batches for the best results. Return all chicken to the pan and continue as above.



Serve up

- Divide chicken and roast cauliflower fillo pie between plates.
- Serve with garden salad. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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