



Spiced Chicken & Oregano Roast Veggie Toss with Pickled Onion & Mayo

MEDITERRANEAN

CLIMATE SUPERSTAR

NEW

Grab your Meal Kit with this symbol



Potato



Carrot



Parsnip



Beetroot



Dried Oregano



Garlic



Onion



Aussie Spice Blend



Chicken Drumstick Fillet



Grated Parmesan Cheese



Mayonnaise



Chicken Drumstick Fillet

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



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

Chicken and veggies, it's a staple go-to for any dinner. Tonight we're going to mix it up! Cooking the chicken in our Aussie spice blend gives it an additional burst of flavour, then smoothed over with a roast veggie toss dressed with Parmesan cheese and oregano.



Eat Me Early

CUSTOM RECIPE

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

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 · 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
dried oregano	1 sachet	1 sachet
garlic	2 cloves	4 cloves
onion	½	1
white wine vinegar*	¼ cup	½ cup
Aussie spice blend	1 medium sachet	1 large sachet
chicken drumstick fillet	1 medium packet	2 medium packets OR 1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
chicken drumstick fillet**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2405kJ (575Cal)	371kJ (89Cal)
Protein (g)	41.4g	6.4g
Fat, total (g)	20.9g	3.2g
- saturated (g)	5.9g	0.9g
Carbohydrate (g)	54g	8.3g
- sugars (g)	30.8g	4.8g
Sodium (mg)	958mg	148mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3149kJ (752Cal)	390kJ (93Cal)
Protein (g)	70.2g	8.7g
Fat, total (g)	27.4g	3.4g
- saturated (g)	7.8g	1g
Carbohydrate (g)	54g	6.7g
- sugars (g)	30.8g	3.8g
Sodium (mg)	1093mg	135mg

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



2024 | CW10



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato**, **carrot** and **parsnip** into bite-sized chunks. Cut **beetroot** into 1cm chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **dried oregano** and season with **salt**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

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



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray and bake until cooked through, **12-14 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: Cook chicken in batches for best results.



Pickle the onion

- Meanwhile, finely chop **garlic**. Thinly slice **onion** (see ingredients).
- In a small bowl, combine the **white wine vinegar** and a good pinch of **salt** and **sugar**. Scrunch **onion** in your hands, then add to the **pickling liquid** with just enough **water** to cover the onion. Set aside.



Bring it all together

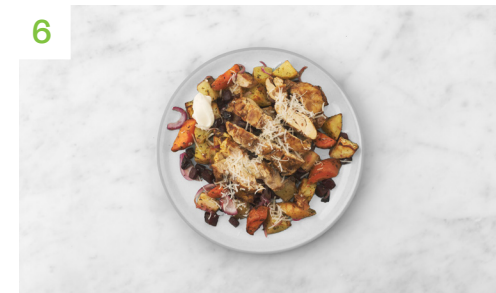
- Drain **pickled onion**.
- When the **veggies** are done, remove tray from the oven, add **pickled onion** and toss to combine.



Flavour the chicken

- In a medium bowl, combine **garlic**, **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken drumstick fillet**, turn to coat and set aside.

Custom Recipe: If you've doubled your chicken drumstick fillet, flavour in a large bowl.



Serve up

- Slice spiced chicken.
- Divide chicken and oregano roast veggie toss between plates.
- Sprinkle over **grated Parmesan cheese** and serve with a dollop of **mayonnaise**. Enjoy!

Rate your recipe

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