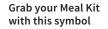


# Sri Lankan-Spiced Chicken & Roast Veggie Toss

with Lime Mayo & Almonds

**NEW** 

CLIMATE SUPERSTAR



















Flaked Almonds









Chicken Thigh





Mint

Prep in: 15-25 mins Ready in: 35-45 mins



This dish comes with a big juicy warning - it's too delicious to refuse! Be lured to the table when you get a good wiff of the juicy chicken, marinated in Sri Lankan spices. Combined with roasted root veggies and a zesty mayo, this dish will have you running back for seconds in no time.

**Pantry items** Olive Oil, Honey

## 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  $\cdot$  Large frying pan

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2	2
carrot	1	2
beetroot	1	2
mild North Indian spice blend	1 medium sachet	1 large sachet
flaked almonds	1 medium packet	2 medium packets
lime	1/2	1
mayonnaise	1 medium packet	1 large packet
Sri Lankan spice blend	1 medium sachet	1 large sachet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
honey*	1 tsp	2 tsp
mint	1 packet	1 packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Per Serving	Per 100g
2732kJ (653Cal)	447kJ (107Cal)
36.5g	6g
32g	5.2g
6.6g	1.1g
59.2g	9.7g
29.2g	4.8g
1027mg	168mg
11.3g	1.8g
	2732kJ (653Cal) 36.5g 32g 6.6g 59.2g 29.2g 1027mg

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.



# Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Peel kumara. Cut kumara and carrot into bite-sized chunks. Cut beetroot into 1cm chunks.
- Place veggies on a lined oven tray. Sprinkle over mild North Indian spice blend, drizzle with olive oil and toss to coat. Season with salt and pepper.
- Spread out evenly, then roast until tender, **25-30 minutes**.



#### Bake the chicken

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook chicken until browned, 2 minutes each side.
- Transfer chicken to a second lined oven tray and drizzle with the honey.
  Bake until cooked through, 12-14 minutes.
- When roast veggies are done, add a generous squeeze of lime juice to the tray. Gently toss to combine. Season to taste.

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



# Get prepped

- Meanwhile, heat a large frying pan over medium-high heat. Toast flaked almonds, tossing, until golden, 2-3 minutes. Transfer to a bowl and set aside.
- Zest lime to get a pinch and slice into wedges. In a small bowl, combine mayonnaise and lime zest. Season with salt and pepper. Set aside.
- In a medium bowl, combine **Sri Lankan spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken thigh**, turning to coat.



## Serve up

- · Slice Sri Lankan-spiced chicken.
- Divide roast veggie toss between plates. Top with chicken.
- Spoon over lime mayo. Garnish with toasted almonds and tear over mint.
  Serve with any remaining lime wedges. Enjoy!

