



Sri Lankan Chicken & Courgette Veggie Toss

with Zesty Mayo & Almonds

NEW

Grab your Meal Kit with this symbol



Kumara



Carrot



Beetroot



Courgette



Mild North Indian Spice Blend



Flaked Almonds



Sri Lankan Spice Blend



Chicken Thigh



Lime



Mayonnaise



Mint

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

Eat Me Early

This dish comes with a big juicy warning - it's too delicious to refuse! Be lured to the table when you get a good whiff 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 · 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
courgette	1	2
mild North Indian spice blend	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
Sri Lankan spice blend	1 medium sachet	1 large sachet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
lime	½	1
mayonnaise	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
mint	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2804kJ (670Cal)	389kJ (93Cal)
Protein (g)	37.4g	5.2g
Fat, total (g)	32.3g	4.5g
- saturated (g)	6.6g	0.9g
Carbohydrate (g)	61.1g	8.5g
- sugars (g)	31.1g	4.3g
Sodium (mg)	1028mg	143mg
Dietary Fibre (g)	12.5g	1.7g

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.

1



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. Slice **courgette** into half-moons.
- **SPICY!** *The spice blend is mild, but use less if you're sensitive to heat.* 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**.

3



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 **honey**. Bake until cooked through, **12-14 minutes**.

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

2



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.
- In a medium bowl, combine **Sri Lankan spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken thigh**, turn to coat.
- 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.

4



Serve up

- When roast veggies are done, add a generous squeeze of lime juice to the tray. Gently toss to combine. Season to taste.
- Slice Sri Lankan-spiced chicken.
- Divide roast veggie toss between plates. Top with chicken.
- Drizzle over lime mayo. Garnish with toasted almonds and tear over **mint**. Serve with any remaining lime wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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