



# Easy Spiced Chicken & Roast Veg Traybake

with Cheddar Cheese & Smokey Aioli

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Beetroot



Parsnip



Carrot



Sweetcorn



Peeled Pumpkin Pieces



Shredded Cheddar Cheese



Chicken Breast



All-American Spice Blend



Parsley



Smokey Aioli



Beef Rump

Prep in: 10-20 mins  
Ready in: 30-40 mins

Carb Smart

Eat Me Early

Looks can be deceiving! This dinner may look like your standard chicken and roast veggies but we ask you to have another glance. You may discover a layer of Cheddar cheese, spiced and seared chicken, finished off with a smokey aioli!

**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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
parsnip	1	2
carrot	1	2
sweetcorn	1 medium tin	1 large tin
peeled pumpkin pieces	1 small packet	1 medium packet
shredded Cheddar cheese	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
parsley	1 packet	1 packet
smokey aioli	1 medium packet	1 large packet
beef rump**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2592kJ (620Cal)	415kJ (99Cal)
Protein (g)	51.2g	8.2g
Fat, total (g)	29.4g	4.7g
- saturated (g)	7.6g	1.2g
Carbohydrate (g)	37.3g	6g
- sugars (g)	24.3g	3.9g
Sodium (mg)	1314mg	210mg
Dietary Fibre (g)	11.1g	1.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2634kJ (630Cal)	441kJ (105Cal)
Protein (g)	44.2g	7.4g
Fat, total (g)	33.6g	5.6g
- saturated (g)	10.6g	1.8g
Carbohydrate (g)	36.3g	6.1g
- sugars (g)	24.1g	4g
Sodium (mg)	1253mg	210mg
Dietary fibre	11.1g	1.9g

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](https://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 | CW18



1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **beetroot** into small chunks. Cut **parsnip** into bite-sized chunks. Thinly slice **carrot**. Drain **sweetcorn**.
- Place **beetroot, parsnip, sweetcorn, carrot** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat and spread out evenly. Roast until veggies are tender, **20-25 minutes**.
- In the last **5 minutes**, remove tray from oven, then sprinkle **shredded Cheddar cheese** over the veggies. Roast until golden and crispy.

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

**Little cooks:** Add the finishing touch by sprinkling the cheese on top.

3



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

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

**Custom Recipe:** Heat frying pan over high heat with a drizzle of olive oil. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness) or until cooked to your liking. Transfer to a plate to rest.

2



## Prep the chicken

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **All-American spice blend** and a drizzle of **olive oil**. Add **chicken**, season with **salt** and **pepper** and turn to coat.

**Custom Recipe:** If you've swapped to beef rump, place between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Flavour as above.

4



## Serve up

- Slice the chicken.
- Divide cheesy roast veggie traybake between bowls.
- Top with spiced chicken.
- Tear over **parsley** leaves and serve with **smokey aioli**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)