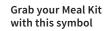


Spiced Chicken & Roast Veggie Toss

with Hollandaise & Almonds

KID FRIENDLY

CLIMATE SUPERSTAR













Onion

Peeled Pumpkin Pieces





Chicken Breast





Slivered Almonds





Hollandaise





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

Eat Me Early



There's something special about a root vegetable, we can't get enough of them! Therefore, this dish is chocked full of those yummy colourful veggies. Gently spiced chicken is cooked to juicy tender perfection and a drizzle of hollandaise adds extra flavour.

Olive Oil, Vinegar (White Wine or Balsamic)

Pantry items

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 \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
beetroot	1	2		
parsnip	1	2		
onion	1/2	1		
peeled pumpkin pieces	1 small packet	1 medium packet		
chicken breast	1 medium packet	2 medium packets OR 1 large packet		
Aussie spice blend	1 medium sachet	1 large sachet		
slivered almonds	1 packet	2 packets		
baby leaves	1 medium packet	1 large packet		
vinegar* (white wine or balsamic)	drizzle	drizzle		
hollandaise	1 medium packet	2 medium packets		
chicken breast**	1 medium packet	2 medium packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
0 0 0	•	•
Energy (kJ)	2312kJ (553Cal)	377kJ (90Cal)
Protein (g)	49.2g	8g
Fat, total (g)	23.5g	3.8g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	36.2g	5.9g
- sugars (g)	17.5g	2.9g
Sodium (mg)	985mg	160mg
Dietary Fibre (g)	13.5g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3083kJ (737Cal)	390kJ (93Cal)
Protein (g)	88.1g	11.1g
Fat, total (g)	26.8g	3.4g
- saturated (g)	3.8g	0.5g
Carbohydrate (g)	37.2g	4.7g
- sugars (g)	17.6g	2.2g
Sodium (mg)	1120mg	142mg
Dietary fibre	13.5g	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW19



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Cut beetroot into small chunks. Cut parsnip into bite-sized chunks. Slice onion (see ingredients) into wedges.
- Place beetroot, parsnip, onion and peeled pumpkin pieces on a lined oven tray. Drizzle with olive oil and season with salt and pepper.
- Toss to coat, spread out evenly and roast until tender, 20-25 minutes.

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

Little cooks: Help toss the veggies.



Get prepped

- While the veggies are roasting, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine Aussie spice blend and a drizzle of olive oil. Add chicken and toss to coat.



Toast the walnuts

Heat a large frying pan over medium-high heat.
 Toast slivered almonds, tossing, until golden,
 3-5 minutes. Transfer to a bowl and set aside.



Cook the chicken

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

TIP: The chicken is cooked when it's no longer pink inside.

Custom Recipe: If you've doubled your chicken breast, cook in batches for the best results!



Toss the veggies

 When the veggies are done, add baby leaves and a drizzle of vinegar to the tray and toss to combine.



Serve up

- · Slice spiced chicken.
- Divide roast veggie toss between plates. Top with chicken and **hollandaise**.
- Garnish with toasted almonds to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the walnuts



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Let our culinary team know: hellofresh.co.nz/rate