



Spiced Chicken & Roast Veggie Toss

with Hollandaise & Almonds

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Beetroot



Parsnip



Onion



Peeled Pumpkin Pieces



Chicken Breast



Aussie Spice Blend



Slivered Almonds



Baby Leaves



Hollandaise



Chicken Breast

Recipe Update

We've replaced the walnuts in this recipe with slivered almonds due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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



Calorie Reduced*

*Custom Recipe is not Calorie Reduced



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.

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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
olive oil*	refer to method	refer to method
beetroot	1	2
parsnip	1	2
onion	½	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
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



1



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.

4



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!

2



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.

3



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.

5



Toss the veggies

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

6



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.

Rate your recipe

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