



Kiwi-Spiced Chicken & Roast Veggie Toss

with Hollandaise & Almonds

KIWI FLAVOURS

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your Meal Kit with this symbol



Beetroot



Parsnip



Onion



Peeled Pumpkin Pieces



Chicken Breast



Kiwi Spice Blend



Slivered Almonds



Baby Leaves



Hollandaise



Chicken Breast

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



Carb Smart*
**Custom Recipe is not Carb Smart*

Eat Me Early

Spice it up, tonight's chicken is getting a hearty coating of our new Kiwi tastetastic spice blend, bursting with specially crafted flavours we know you'll love. Roast the veggies and serve this meal with a drizzle of creamy hollandaise for a delicious kick.

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 hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
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
Kiwi spice blend	1 sachet	2 sachets
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 | CW23



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

- Use an air fryer! Set your air fryer to **200°C**. Place **chicken** into the air fryer basket and cook until cooked through (when no longer pink inside), **15-18 minutes**.

TIP: No air fryer? Return frying pan to medium-high heat with a drizzle of olive oil. Cook chicken until cooked through (when it's no longer pink inside), 3-5 minutes each side.

2



Get prepped

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

Custom Recipe: If you've doubled your chicken breast, flavour in a large bowl and cook chicken in batches for best results.

5



Toss the veggies

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

3



Toast the almonds

- 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.

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 almonds. Enjoy!

Rate your recipe

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