



# Mexican Chicken & Brussels Sprouts Medley

with Roast Kumara & Garlic Aioli

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Kumara



Brussels Sprouts



Baby Leaves



Chicken Breast



Mexican Fiesta Spice Blend



Garlic Aioli



Chicken Breast

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



Calorie Reduced\*

\*Custom Recipe is not Calorie Reduced



Eat Me Early

Get ready to turn mealtime into a culinary fiesta with this firecracker dish! Tender chicken steaks have been marinated in Mexican spices for unparalleled levels of flavour, and are served alongside roasted kumara and Brussels sprouts for a meal you won't want to miss.

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

### Pantry items

Olive Oil, White Wine Vinegar



## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
kumara	2 (medium)	2 (large)
Brussels sprouts	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
<b>white wine vinegar*</b>	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
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)	2305kJ (550Cal)	443kJ (106Cal)
Protein (g)	46.6g	9g
Fat, total (g)	20.3g	3.9g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	45.9g	8.8g
- sugars (g)	12.2g	2.3g
Sodium (mg)	1064mg	205mg
Dietary Fibre (g)	9.2g	1.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3077kJ (735Cal)	441kJ (105Cal)
Protein (g)	85.5g	12.3g
Fat, total (g)	23.6g	3.4g
- saturated (g)	3.7g	0.5g
Carbohydrate (g)	46.9g	6.7g
- sugars (g)	12.4g	1.8g
Sodium (mg)	1199mg	172mg
Dietary fibre	9.2g	1.3g

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.

1



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Peel **kumara** and cut into bite-sized chunks. Halve **Brussels sprouts**.
- Place **kumara** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Arrange **Brussels sprouts** cut side down.
- Roast until tender, **20-25 minutes**. Set aside to cool slightly.

**TIP:** The Brussels sprouts will char slightly, this adds to the flavour!

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

4



## Cook the chicken

- When the veggies have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **chicken steaks** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

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

**Custom Recipe:** Cook chicken in batches for best results.

2



## Get Prepped

- While the veggies are roasting, roughly chop **baby leaves**.

5



## Bring it all together

- In a large bowl, combine **roasted kumara**, **Brussels sprouts**, **baby leaves** and a drizzle of **white wine vinegar** and **olive oil** with a pinch of **salt** and **pepper**. Toss to coat.

3



## Prep the chicken

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- SPICY!** This spice blend is hot! Add less if you're sensitive to heat. In a medium bowl, combine **Mexican Fiesta spice blend** with a drizzle of **olive oil**. Add **chicken breasts** and toss to coat.

**Custom Recipe:** If you've doubled your chicken breast, flavour in a large bowl.

6



## Serve up

- Slice the chicken.
- Divide Brussels sprouts and roast kumara toss between bowls. Top with Mexican chicken.
- Serve with **garlic aioli**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW23



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