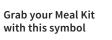


# Mexican Chicken & Brussels Sprouts Medley

with Roast Kumara & Garlic Aioli

CLIMATE SUPERSTAR











**Brussels Sprouts** 





**Baby Leaves** 

Chicken Breast



Mexican Fiesta

Garlic Aioli

Spice Blend



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

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.

**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

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	2 People	4 People
olive oil*	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
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

<sup>\*</sup>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)	<b>3077kJ</b> (735Cal)	<b>441kJ</b> (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### 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.



## **Get Prepped**

· While the veggies are roasting, roughly chop baby leaves.



# 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.



### 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.



#### 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.



#### Serve up

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



