

Spiced Chicken & Roast Veggie Medley with Cheddar Cheese & Smokey Aioli

KID FRIENDLY



Grab your Meal Kit with this symbol











Sweetcorn

Parsnip



Peeled Pumpkin



Chicken Breast

All-American Spice Blend



Smokey Aioli





Prep in: 10-20 mins Ready in: 30-40 mins

Eat Me Early



Looks can be deceiving, this dinner may look like chicken and roast veggies but we ask you to have another glance. You may discover the gooey layer of baked Cheddar cheese over the veggies, that's because it's all roasted on one tray for your convenience!

Pantry items Olive Oil

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 \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
leek	1	2
sweetcorn	1 medium tin	1 large tin
parsnip	1	2
peeled pumpkin pieces	1 small packet	1 medium packet
shredded Cheddar cheese	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
parsley	1 packet	1 packet
smokey 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)	2539kJ (607Cal)	435kJ (104Cal)
Protein (g)	50.3g	8.6g
Fat, total (g)	28.7g	4.9g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	34.7g	5.9g
- sugars (g)	24.3g	4.2g
Sodium (mg)	1174mg	201mg
Dietary Fibre (g)	7.7g	1.3g

Custom Recipe

Per Serving	Per 100g
3310kJ (791Cal)	435kJ (104Cal)
89.3g	11.7g
32g	4.2g
8.2g	1.1g
35.7g	4.7g
24.5g	3.2g
1309mg	172mg
7.7g	1g
	3310kJ (791Cal) 89.3g 32g 8.2g 35.7g 24.5g 1309mg

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



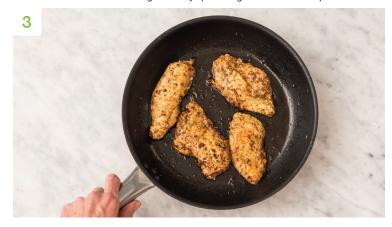


Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Cut beetroot into small chunks.
 Thickly slice leek. Drain sweetcorn. Cut parsnip into bite-sized chunks.
- Place beetroot, parsnip, sweetcorn and leek on a lined oven tray. Drizzle
 with olive oil and season with salt and pepper. Toss to coat and spread out
 evenly. Roast until veggies are tender, 20-25 minutes.
- When the veggies have 15 minutes remaining, add peeled pumpkin pieces to the tray and roast until tender.
- In the last 5 minutes, remove tray from oven, then sprinkle shredded
 Cheddar cheese over the veggies. Roast until golden and crispy.

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

Little cooks: Add the finishing touch by sprinkling the cheese on top.



Cook the chicken

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

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

Custom Recipe: Cook in batches for best results.



Flavour the chicken

- 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 All-American spice blend and a drizzle of olive oil. Add chicken, season with salt and pepper and turn to coat.

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



Serve up

- Slice the chicken.
- Divide cheesy roast veggie traybake between bowls. Top with spiced chicken.
- Tear over **parsley** and serve with **smokey aioli**. Enjoy!

Rate your recipe

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