



Spiced Chicken & Roast Veggie Medley

with Cheddar Cheese & Smokey Aioli

KID FRIENDLY



Grab your Meal Kit with this symbol



Beetroot



Leek



Sweetcorn



Parsnip



Peeled Pumpkin Pieces



Shredded Cheddar Cheese



Chicken Breast



All-American Spice Blend



Parsley



Smokey Aioli



Chicken Breast

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

Eat Me Early

Carb Smart*
*Custom Recipe is not Carb Smart

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!

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

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 · 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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3310kJ (791Cal)	435kJ (104Cal)
Protein (g)	89.3g	11.7g
Fat, total (g)	32g	4.2g
- saturated (g)	8.2g	1.1g
Carbohydrate (g)	35.7g	4.7g
- sugars (g)	24.5g	3.2g
Sodium (mg)	1309mg	172mg
Dietary fibre	7.7g	1g

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 | CW24



1



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.

3



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.

2



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.

4



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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