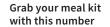


Sri Lankan-Spiced Chicken & Roast Veggie Toss

with Mayonnaise & Flaked Almonds

CLIMATE SUPERSTAR









Potato



Mild North



Flaked Almonds

Indian Spice Blend









Baby Leaves

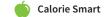








Eat Me Early



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
white turnip	1	2	
mild North Indian spice blend	1 medium sachet	1 large sachet	
flaked almonds	1 packet	2 packets	
chicken thigh	1 medium packet	2 medium packets OR 1 large packet	
Sri Lankan spice blend	1 medium sachet	1 large sachet	
honey*	1 tsp	2 tsp	
baby leaves	1 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
mayonnaise	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2536kJ (606Cal)	512kJ (122Cal)
Protein (g)	35.9g	7.2g
Fat, total (g)	31.6g	6.4g
- saturated (g)	6.5g	1.3g
Carbohydrate (g)	52.4g	10.6g
- sugars (g)	15.4g	3.1g
Sodium (mg)	1017mg	205mg
Dietary Fibre (g)	7.9g	1.6g

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 240°C/220°C fan-forced. Cut potato and white turnip into bite-sized chunks.
- Place veggies on a lined oven tray. Sprinkle over mild North Indian spice blend, drizzle with olive oil and toss to coat. Season with salt and pepper.
- Spread out evenly, then roast until tender, 25-30 minutes.



Get prepped

- Meanwhile, heat a large frying pan over medium-high heat. Toast flaked almonds, tossing, until golden, 2-3 minutes. Transfer to a bowl and set aside
- In a large bowl, combine chicken thigh, Sri Lankan spice blend, a pinch of salt and a drizzle of olive oil.



Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook chicken until browned, 2 minutes each side.
- Transfer chicken to a second lined oven tray and drizzle with the honey.
 Bake until cooked through, 12-14 minutes.

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



Serve up

- When the roasted veggies are done, add baby leaves and a drizzle of white wine vinegar to the tray. Gently toss to combine. Season to taste.
- Slice Sri Lankan-spiced chicken.
- Divide roast veggie toss between bowls. Top with chicken.
- Dollop over mayonnaise and sprinkle over toasted almonds to serve. Enjoy!



