

Texan Chicken & Roast Veggie Medley

with Smokey Aioli

Grab your meal kit with this number

18



Onion



Beetroot



Carrot



White Turnip



All-American Spice Blend



Chicken Breast Strips



Sweetcorn



Baby Leaves



Smokey Aioli



Chicken Breast Strips



Beef Rump

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

Calorie Reduced

Eat Me Early

Get the bold flavours of American cuisine right in your kitchen! Just coat chicken breast strips with our All-American spice blend, roast a chunky veggie toss and dollop smokey aioli over the whole shebang.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
beetroot	1	2
carrot	1	2
white turnip	1	2
All-American spice blend	1 medium sachet	1 large sachet
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
sweetcorn	1 medium tin	1 large tin
baby leaves	1 small packet	1 medium packet
smokey aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2003kJ (479Cal)	378kJ (90Cal)
Protein (g)	37.2g	7g
Fat, total (g)	21.9g	4.1g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	31.7g	6g
- sugars (g)	20g	3.8g
Sodium (mg)	1034mg	195mg
Dietary Fibre (g)	11.1g	2.1g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **onion (see ingredients)** into wedges. Cut **beetroot** into 1cm chunks. Cut **carrot** and **white turnip** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly, then roast until tender, **20-25 minutes**.

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

2



Prep the chicken

- Meanwhile, combine **All-American spice blend** and a drizzle of **olive oil** in a large bowl. Add **chicken breast strips**, then season and turn to coat.

3



Char the corn

- Drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

4



Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken strips** until browned and cooked through, **3-4 minutes** each side.

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

5



Bring it all together

- Meanwhile, add **baby leaves** and **charred corn** to the tray of **roasted veggies**, then gently toss to combine. Season to taste.

6



Serve up

- Divide roast veggie medley between bowls and top with Texan chicken strips.
- Spoon over any resting juices from the pan.
- Dollop with **smokey aioli** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

