



# Texan Chicken & Roast Root Veggie Medley

with Smokey Aioli

Grab your meal kit with this number

18



Onion



Beetroot



Carrot



Kumara



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
<b>olive oil*</b>	refer to method	refer to method
onion	½	1
beetroot	1	2
carrot	1	2
kumara	1 (medium)	1 (large)
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)	1994kJ (477Cal)	376kJ (90Cal)
Protein (g)	37.2g	7g
Fat, total (g)	22.1g	4.2g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	31.7g	6g
- sugars (g)	21g	4g
Sodium (mg)	1034mg	195mg
Dietary Fibre (g)	10.2g	1.9g

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](https://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**.
- Slice **onion (see ingredients)** into wedges. Cut **beetroot** into 1cm chunks. Cut **carrot** and **kumara** 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 veggies between two trays.



## 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.



## 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.



## 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.



## 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.



## 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 | CW28



### 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.

