

with Mayonnaise & Flaked Almonds

CLIMATE SUPERSTAR



Grab your meal kit with this number





Indian Spice Blend

Flaked Almonds



Sri Lankan



Spice Blend

Chicken Thigh





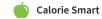
Baby Leaves

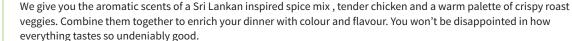
Mayonnaise





Eat Me Early







Olive Oil, Honey, White Wine Vinegar

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
kumara	2 (medium)	2 (large)	
potato	1	2	
mild North Indian spice blend	1 medium sachet	1 large sachet	
flaked almonds	1 packet	2 packets	
Sri Lankan spice blend	1 medium sachet	1 large sachet	
chicken thigh	1 medium packet	2 medium packets OR 1 large packet	
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 kumara and potato 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, set aside.
- In a large bowl, combine Sri Lankan spice blend, a pinch of salt and a drizzle of olive oil. Add chicken thigh, toss to coat.



Cook the chicken & toss the veggies

- 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.
- 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.



Serve up

- · Slice Sri Lankan-spiced chicken.
- Divide roast veggie toss between bowls. Top with chicken.
- Dollop over **mayonnaise** and garnish with toasted almonds to serve. Enjoy!

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



SWAP TO CHICKEN BREAST
Follow method above, baking for 8-12 minutes.



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

