

Kiwi Chicken & Roast Pumpkin Toss

with Herbed Mayo & Spring Onions

KIWI FLAVOURS











Spring Onion





Diced Chicken

Kiwi Spice Blend





Baby Leaves

Dill & Parsley Mayonnaise



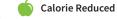


Recipe Update

We've replaced the crispy shallots in this recipe with spring onion due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early



Who doesn't like a bit of char on their chicken? This one gets a generous coating of our punchy Kiwi spice blend before it crisps up in the pan until golden. Finish it off with a bed of roasted veggies (that'll take barely any effort to whip up) and top it off with a sprinkling of spring onion for an outstanding pairing of flavours – without the sweat and tears.



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

g. •••			
	2 People	4 People	
olive oil*	refer to method	refer to method	
onion	1/2	1	
potato	1	2	
spring onion	1 stem	2 stems	
peeled pumpkin pieces	1 medium packet	2 medium packets	
diced chicken	1 medium packet	2 medium packets OR 1 large packet	
Kiwi spice blend	1 sachet	2 sachets	
baby leaves	1 medium packet	1 large packet	
dill & parsley mayonnaise	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2084kJ (498Cal)	393kJ (94Cal)
Protein (g)	40.1g	7.6g
Fat, total (g)	23.5g	4.4g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	30.5g	5.7g
- sugars (g)	14.9g	2.8g
Sodium (mg)	630mg	119mg
Dietary Fibre (g)	5g	0.9g

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 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 onion (see ingredients) into quarters. Cut potato into bite-sized chunks. Thinly slice spring onion.
- Place onion, potato and peeled pumpkin pieces on a lined oven tray.
 Drizzle with olive oil and season with salt and pepper. Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.



Cook the chicken

- When the veggies have 10 minutes remaining, heat a large frying pan over high heat with a drizzle of olive oil.
- When oil is hot, cook diced chicken and Kiwi spice blend, turning occasionally, until browned and cooked through, 5-6 minutes.

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



Finish the veggies

• Add baby leaves to the tray of roast veggies, gently toss to combine.

TIP: Transfer veggies and baby leaves to a bowl if your tray is getting crowded.



Serve up

- Divide roast pumpkin toss between plates.
- · Top with Kiwi chicken.
- Dollop over dill & parsley mayonnaise and sprinkle with spring onion to serve. Enjoy!









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

