



# All-American Chicken & Roast Pumpkin Toss with Onion Chutney & Mayo

CLIMATE SUPERSTAR

Grab your meal kit  
with this number

4



Carrot



Beetroot



Peeled Pumpkin  
Pieces



All-American  
Seasoning



Chicken Thigh



Onion Chutney



Baby Leaves



Mayonnaise



Diced  
Bacon



Chicken  
Breast

Prep in: 35-45 mins  
Ready in: 40-50 mins

Calorie Reduced

Eat Me Early

This heavenly chicken coated in our All-American seasoning is full of flavour, thanks to red capsicum, onion and garlic. Add a medley of veggies, sweet chutney and a dollop of creamy mayo and it's satisfaction, guaranteed!

### 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

Two oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
beetroot	1	2
peeled pumpkin pieces	1 medium packet	1 large packet
All-American seasoning	1 medium sachet	1 large sachet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
onion chutney	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2272kJ (543Cal)	377kJ (90Cal)
Protein (g)	35.8g	5.9g
Fat, total (g)	28.9g	4.8g
- saturated (g)	6.3g	1g
Carbohydrate (g)	39g	6.5g
- sugars (g)	26.7g	4.4g
Sodium (mg)	910mg	151mg
Dietary Fibre (g)	7.8g	1.3g

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.



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Peel and cut **carrot** into bite-sized chunks. Cut **beetroot** into small chunks.



## Roast the veggies

- Divide **peeled pumpkin pieces, carrot** and **beetroot** between two lined oven trays.
- Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.



## Prep the chicken

- While the veggies are roasting, combine **All-American seasoning** and a drizzle of **olive oil** in a medium bowl.
- Season with **pepper**, then add **chicken thigh** and turn to coat.



## Cook the chicken

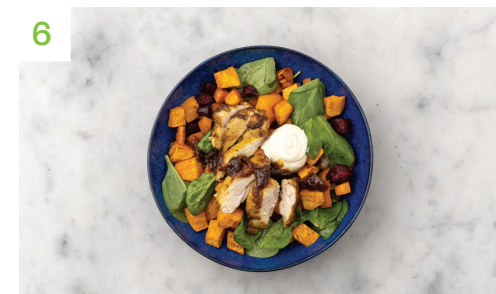
- When the veggies have **15 minutes** cook time remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken**, turning occasionally, until browned and cooked through, **14-16 minutes**.
- Remove pan from heat, then add **onion chutney** and a splash of **water** and turn **chicken** to coat.

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



## Toss the veggies

- When the veggies are done, combine them on one tray, then add **baby leaves** and toss to combine. Season to taste.



## Serve up

- Slice All-American chicken.
- Divide roast pumpkin toss between bowls. Top with chicken.
- Spoon over remaining glaze from the pan. Serve with **mayonnaise**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



### CUSTOM OPTIONS

**+** **ADD DICED BACON**  
Cook, breaking up with a spoon, 4-6 minutes. Add with baby leaves.

**↻** **SWAP TO CHICKEN BREAST**  
Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

